

THE
GREAT DUTY
Of Frequenting the
Christian Sacrifice,
AND THE
NATURE
OF THE
PREPARATION Required:
WITH
Suitable DEVOTIONS.
Partly Collected from the Ancient
LITURGIES.

*For as often as ye eat this Bread and drink this
Cup, ye do shew the Lord's Death till he
come, 1 Cor. II. 26.*

*We have an Altar whereof they have no right to
eat who serve the Tabernacle, Heb. 13. 10.*

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L O N D O N :

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The PREFACE.

AMONG the many worthy Attempts that have been made to retrieve the Piety and Devotion of the Primitive Times, the promoting frequent Communion has had no inconsiderable Influence; and as this Ancient Practice recovers its true Perfection, we may reasonably expect, that the wonderful Effects of it will appear in the Lives and Conversation of Christians.

The Duty it self seems at present much better understood than it was formerly, when many very unwary Discourses upon the Subject rather discouraged than excited Men to the performance of it. The Preparation was look'd upon as so difficult and burdensome, and so great a Perfection of Vertue required in the Receivers, that all sincere Beginners in Religion were inclined to think, that the sacred Institution no ways related to them;

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and the Men of Business, tho' otherwise very serious, were of the Opinion, that so much more Retirement was necessary than they could spare, that not being able to prepare themselves, according to such Schemes, they altogether laid aside the Duty, and reserved the Holy Communion for their Viaticum in their last Hours; which, tho' an admirable means to settle and secure the Pardon and Peace of such penitent Souls as have frequented the Altar in the time of their Health and Vigour; yet, I am afraid, will but little avail those who have wilfully neglected it all along in Life.

Now if Christians did but seriously consider, that the best Preparation for Celebrating the Holy Mysteries, consisted in a constant Care to govern their Lives by the Precepts of the Gospel; and that it was sufficient if they approach'd the Lord's Table with honest and devout Minds, heartily and sincerely resolving to mend their Lives,
and

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and really willing and desirous to use all means to become better ; It is impossible, I say, if Men's Minds were possessed with this right Notion of the matter, and that they really designed to be true to their Christian Professions, but that they should embrace all Opportunities of receiving the Holy Sacrament, and lament every reasonable Cause of their absence as a great Misfortune, because it is the best means to enable them to discharge their Duty. And indeed the Religion we live by, is the Religion we must receive by ; tho' the method many Men take upon these Occasions tempt one to believe, they think there is a great difference between them.

For my part, I could never discover any Duty, supposing one instructed in the Nature of this holy Action, that a Man was obliged to, before receiving the holy Communion, that was not his Duty some time or other, tho' he forbore Communicating. For the

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Sacrament does not so much oblige us to new Duties, as enable us to make good those Obligations, which the Profession of Christianity has already laid upon us.

They that are acquainted with Ecclesiastical History, know very well, that the Eucharist in the purest Ages of the Church, made a part of their Publick Service; and when the Devotion of Christians began to decline, they yet always upon the Lord's Day celebrated the Christian Sacrifice. Our Second Service at the Altar seems defective without a conformable Practice to Antiquity in this point, and the Holy Exercises of the Lord's Day appear to want their due Perfection without these Eucharistical Devotions. To this purpose, our Church has encouraged a constant weekly Communion, by permitting

Rubrick after
Commun. *it to be celebrated where three or four Persons are ready and willing to Communicate, as being assured by our Saviour, that where two or three are gathered together*

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gether in his Name, there he is himself in the midst of them. And if the Parochial Minister should begin with such a small Number, it is likely they would quickly increase, at least it will demonstrate his own Zeal to shew forth the Lord's Death, and may bring a Blessing upon his Parish, as well as upon the other Labours of his Holy Function.

In Order to quicken the establishing of this Primitive Devotion, I cannot forbear suggesting an Observation made by several of the Reverend Clergy, who have been zealous in this Matter, That where Communion have been frequent, the Number of the Communicants have sensibly increased; which, I think, ought to be no small Encouragement to have the Holy Mysteries celebrated in all Parish Churches every Lord's Day; because this shews a great Disposition in the Laity to be brought to a Sense of their Duty, and consequently must animate

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the Zeal of their Pastors to give them such frequent Opportunities of commemorating the Death and Passion of our Blessed Saviour.

To this Holy End and Purpose I have endeavoured by proper Arguments to press the Duty of frequent Communion upon the Consciences of Men; for all those Motives that persuade us to communicate at all, ought to prevail upon us to do it often; and it appears to me very plain, that no sincere Christian, not otherwise lawfully hinder'd, can justifie going out of the Church when the Christian Sacrifice is celebrated; nor is there any Pretence or Excuse sufficiently valid for a Man, that is in earnest with Religion, to turn his Back upon the Holy Table, when the heavenly Banquet is there prepared.

I have no Design to push those forward that have pitched their Tents in the Quarters of the Enemy, because being under the Power of evil Habits, their
receiving

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receiving, as well as praying, must aggravate their Crimes, and increase their Condemnation; they cannot partake of the Table of the Lord, and live and blaspheme as if they partook of the Table of Devils. And 'tis in vain to persuade such People to be converted, in order to make themselves fit to receive often, because this Motive will make little or no Impression upon those that are so destitute of Faith and the Love of God. But I hope all such honest Minds and candid Readers, who have a just Concern for the Welfare of their Souls, will consider so seriously the weight of those Answers that are given to the most plausible Objections against frequent Communion, as to reform this Neglect if they have been hitherto Guilty.

I have moreover set in its true Light the great Care our Holy Mother, the Church of England, has taken to prevent the Profanation of the Lord's Supper; and did our own

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Members govern themselves more exactly, according to such admirable Rules, or did those who differ from us more thoro'ly weigh the Excellency of them, we should hear no more of those Objections they are wont to make against our Discipline in this Point.

I have particularly taken Care to shew that this Christian Institution was ordained not only to put us in Mind of those great Blessings which our Saviour purchased for us by his Death; for what Man, that reflects upon his Christianity, can easily forget them? But that it was also established as a sacred Rite to supplicate God the Father by the Merits of our Saviour's Passion, representing to him the Symbols of his Body and Blood, that thereby he may become favourable and propitious to us. This Sense of it is agreeable to Scripture, as it was understood by those who lived nearest to the Times of the Apostles; and has been evidently proved by the Learned, Judicious, and Pious Mr. Mede. I

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I must freely confess, that the Sum and Substance of the following Treatise was printed in a Catechetical Form in the Chapter of the Vigils in The Companion for the Festivals and Fasts of the Church; but in great deference to the concurring Judgment of some worthy Divines and Lay-Men of my Acquaintance, it now appears in another Dress, with some Enlargements, more easily to be purchased by all sorts of People. They were so indulgent to the Composition which they desired, as to think it might be serviceable to the Interest of Religion; an Argument, which I am willing to own, I was not able to resist; for I hope I shall be always ready to sustain the shock of the severest worldly Censure, when the Providence of God offers me a probable Opportunity of doing the least Good.

To make it more effectual to that End, I have added upon this Occasion the Devotional part, which in some measure owes its Original to the Anci-

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ent Liturgies of the Christian Church, which I have carefully perus'd, and have transplanted many a pious Thought and warm Expression from those Sources into this private Composure.

I am very sensible this Subject has exercised the Pens of many learned and devout Persons; and tho' I think we abound too much with Discourses upon the Argument of Preparation, wherein the Substance of Practical Divinity is introduced, as if it was only necessary at such times, yet I am of the Opinion we cannot exceed in multiplying Books upon the Devotional Part; the Tempers and Apprehensions of Men being so different, that what does not affect one, may touch another; and so that Substantial Piety and Devotion are improving, too many Instruments cannot be employed in advancing them.

August 15.
1706.

Rob. Nelson.

THE

(1)

T H E

G R E A T D U T Y

Of Frequenting the

Christian Sacrifice.

IT is no wonder that Men, who are not serious in the *Business* of *Religion*, and who frequent the Church only in compliance with the Fashion of the World, and in Obedience to an establish'd Custom, should neglect one of the greatest Advantages of the Christian Life, I mean the receiving the *Holy Sacrament of Christ's Body and Blood*: But that Christians, otherwise very devout, and not lawfully hindred, who have the Fear of God before their Eyes, and who aim at pleasing Him in all their Actions, should ever turn their Backs upon

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upon his *Holy Table*, and when invited to *commemorate* the meritorious *Sacrifice* of the *Death* of *Christ*, should refuse to give such an easie Instance of a thankful Heart, is really matter of Astonishment; because they do thereby neglect the most effectual means of growing in Grace, and overlook the best Method of attaining what they most sincerely purpose and desire.

I am apt indeed to think this their bad Conduct chiefly proceeds from the want of a true Sense of their Duty in this Particular. Their great Desire to perform an acceptable Sacrifice to God, fills their Minds with lively apprehensions of the great Danger of being unworthy Communicants; so that they do not give themselves leisure to attend to those Considerations that enforce the Necessity of the Duty; and therefore do not suffer their Thoughts to dwell upon the great hazard they run, in neglecting to execute a plain Command of our Blessed Saviour; which is more dangerous to their Salvation than performing it after an imperfect manner. The Duty therefore being indispensable, the just Consequence

quence we should draw from the Danger of unworthy Receiving, should be the Necessity of exciting our selves to great Care and Diligence in preparing our selves for the due discharge of it; but never to delude our selves by false Reasons into such a neglect as will certainly increase our Guilt, and add to our Punishment.

As for those who never partake of the Holy Communion during their whole Lives, for fear lest their Sins should receive a fresh Aggravation by being committed after so solemn an Obligation to be Religious; it is plain they run into a very great Error. For one main reason why Sin becomes more heinous after repeated Obligations to the contrary, is, because it is committed with greater Deliberation, and against clearer Conviction: When therefore a Man, who believes Religion, and understands the Obligations it lays upon him, omits this Duty for no other reason, but that he may sin, as he thinks, with less danger, his Sins are then equally deliberate, and against equally clear Conviction; and he moreover adds to them a contemptuous neglect
of

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of the means of becoming better.

In order therefore to make this short Discourse more useful upon so important a Subject, I shall reduce it to the following Method.

First, I shall inquire into those Obligations that lie upon all Christians to receive the Holy Communion, and to frequent the Christian Sacrifice.

Secondly, I shall shew what Preparation is necessary to perform this Duty after an acceptable manner.

Thirdly, I shall endeavour to answer some Objections against frequent Communion.

Fourthly, I shall lay-before you the great advantages of frequent Communion.

Fifthly, I shall shew the particular Care the Church of England has taken to prevent the Profanation of the Lord's Supper.

Sixthly, I shall add some Directions as to the manner of performing it, with suitable Devotions on such Occasions.

First, I shall enquire into those Obligations that lie upon all Christians to receive the Holy Communion, and to frequent the Christian Sacrifice.

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The *first* Argument for the performance of this Christian Duty arises from the *positive Command* of our Saviour Jesus Christ, the Author of our Religion. It is from this Anointed of the Lord that we are denominated Christians, which implies a firm Belief of those Doctrines which he has revealed, and a stedfast purpose of Mind to perform those Precepts which he has commanded: We moreover solemnly promised in our Vow of Baptism, to govern all our Actions by the Rule of his Holy Gospel. Therefore to persist in the neglect of a plain Law of our Lord and Master, sufficiently made known to us, is no ways consistent with our Engagement, nor with that Character we profess, of being his Disciples. Besides, our Obedience in this Particular pays a peculiar regard to his Authority; for this Duty being a positive Injunction, receives all its Force from his Right to Command. Now that our Saviour has made it the Duty of all Christians to frequent this *commemorative Sacrifice*, is plain from the History of its Institution, in the close of which our Saviour adds
this

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this positive Injunction, *Do this in remembrance of me*: By St. Luke 22. 19. which, as the holy Apostles were obliged to do to others as our Saviour had done to them, viz. to bless, break, and give the Bread to all that joyned with them in these holy Services; so were all Christians hereby engaged to receive from them and their Successors, these Symbols of Christ's Body and Blood. By this Precept therefore the Communion of Christ's Body and Blood, as represented by Bread and Wine in the Holy Sacrament, is made the standing Memorial of his Death and Sufferings in all Christian Assemblies to the end of the World. St. Paul, who received from the Lord himself what he taught concerning this holy Institution, repeats the same Command, 1 Cor. 11. 24. *This do in remembrance of me*. And if we consider the Circumstances of this Command, it will still have a greater influence upon us; for it was given by our best Friend, and greatest Benefactor, when he was about to lay down his Life for our sakes. They are as it were his dying Words to

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to all his sincere Disciples and Followers; and therefore ought to be received with the greatest Respect and Deference imaginable. In pursuance of this Precept, we find the first Christians did not continue more stedfastly in the *Apostles Doctrine*, than they communicated in *Prayer and breaking of Bread*. It be- Acts 2. 24.
ing well known, that the Publick Worship, the *Synaxis* of the ancient Christians, consisted of these three parts, Of *Hearing God's Word*. of *Prayers*, and of *Commemorating of Christ in the Eucharist*.

The *second* Argument for the performance of this Christian Duty arises from the *Nature* of the Duty it self. It is a piece of Worship appropriated to the Christian Religion, by which in a peculiar manner we profess our selves Followers of the Blessed Jesus. The *Heathens* and *Mahometans* offer up Prayers and Praises to God; and by the Light of Nature apply themselves to infinite Power for the relief of their Necessities, and return their Thanks to infinite Goodness, as the Source from whence they receive all their Blessings.

Blessings. The *Jews*, by slaying of Beasts, and by burning Incense, invoked God, and praised and blessed him for those Mercies of which they partook. But Christians only set before God Bread and Wine in the Eucharist, *as Figures or Images of the precious Blood of Christ shed for us, and of his precious Body*, as it is expressed in the *Clementine Liturgy*. And therefore we cannot be said so properly to worship as Christians, as when we join in those sacred Mysteries that Christ has made peculiar to his own Religion: And it cannot be imagined, that it should be at our own Disposal, whether we would perform it or no, when it was ordained as the peculiar Service of Christians, to distinguish them from all other Worshippers of the Deity; and as the principal Act whereby we partake of the Sacrifice of Christ made upon the Cross, and without which our publick Service wants its due Perfection. Upon which account the Primitive Christians (at least for a time in some Places) on no Day held their publick Assemblies without this *Christian Sacrifice*. *Justin Martyr*

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Martyr in his *Second Apology* instances in this Sacred Ordinance, as a constant part of the Lord's Day Service; and there is no great doubt, but that each Lord's Day was that *Status Dies*, that set time on which *Pliny* tells the Emperor *Trajan*, the Chri-

Lib. 10. Ep. 97.

tians in *Bythinia* met together to bind themselves with an Oath, not to steal or rob, or withhold what was deposited with them, or commit any sort of Wickedness. And long after, in the time of *St. Basil*, who commends a daily Communi-

Epist. 289. ad Cæsar.

on, he shews us how near the Practice in his Days came to it: The Christians then not only communicated constantly four times a Week, but on other Days when they celebrated the Memory of any Martyr. And the Faithful, that joined in all other parts of the Publick Worship, never failed in partaking of the Blessed Sacrament. What Opinion the ancient Christians had of those that turned their Backs upon this Holy Ordinance, may be collected from one of those

Canons which are called

Can. IX.

Apostolical; whereby all the Faithful that

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that came to their publick Assemblies, and heard the Holy Scriptures, and did not continue to partake of the Holy Sacrament, were liable to be separated from the Communion of Christians.

The *third* Argument for the performance of this Christian Duty arises from the great *Benefits* that are *annex'd* to the *worthy participation* of this *Holy Ordinance*. By the Nature of our Circumstances in this World, we are surrounded with variety of Temptations, no Condition of Life being free from the Assaults of our Spiritual Enemies: So that it but too frequently happens, that we become a Prey to their Attempts, and are prevailed upon to transgress our Duty. Now when we are brought to a Sense of our Follies, and our Souls are pierced with an unfeigned Sorrow for having committed them; what surer Method have we to procure our Pardon from God, than by *shewing forth the Lord's Death*, by representing his bitter Passion to the Father, that so he would for his sake, according to the Tenour of his Covenant in him, be favourable and

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propitious

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propitious to us miserable Sinners? We all know, by fatal Experience, how unable we are of our selves to do any thing that is good; but this heavenly Banquet is the Food and Nourishment of our Souls; it gives new Life and Vigour to our pious Resolutions, and conveys Power and Strength to perform our Duty. We are convinced, that the Satisfactions of this Life can never compleat our Happiness: But this Holy Sacrament inspires a Hope to be made equal to Angels; and no less than the Kingdom of Heaven is hereby made our Inheritance. So that a Man must be very insensible of his own Interest, that neglects one of the best Instruments of advancing his Spiritual Welfare; and what can the Concern of the whole World promise us, compared to the Advantage of such gracious Vouchsafements? Neither is it probable, that a Man should retain a very grateful Sense of those stupendous Blessings purchased for us by the Death of Christ, when he refuses to give such an easie Instance of a thankful Heart. If therefore we pay any regard to the positive Command of
our

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our Saviour; if we are concerned to proclaim to the World, that we are really the Disciples of Jesus; if we are solicitous about growing in Grace, and desire above all things the Improvement of our Minds in all Christian Vertues, and breath after a Life without Sorrow and without Sin; we must constantly attend this Holy Ordinance, from whence we may expect the Pardon of our Sins, and all the other Benefits of Christ's Passion.

And when we are once convinced of those Obligations that enforce the Practice of this Duty, we must take care never to turn our Backs upon this Holy Ordinance. The truest Measure of our Duty in this Particular, is to be taken from those Opportunities which the good Providence of God affords to us for this purpose; there being no better way of determining the frequency of our Obligation to receive, than this of God's giving us the Opportunity. According to this Rule the Primitive Christians practised; who never withdrew themselves from the Lord's Supper, when it made a part of the publick Worship. And it is in
the

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the Communion of the Sacrament, as is in the Communion of Prayers, and other parts of publick Worship, we are bound to joyn in them when opportunities offer for the performing them, and we are not otherwise lawfully hinder'd. Whoever therefore shall neglect to communicate, and retire from the Holy Table, when the heavenly Banquet is there prepared, either does not thoroughly understand his Duty in this particular, or must be very defective in the performance of it. For as the Exhortation before the Communion suggests to us; *Who would not think it a great Injury and wrong done to him, if he had prepared such a rich Feast, and decked his Table with every kind of Provision, so that there lack nothing, but the Guests to sit down, and yet that they who were called, without any Cause, should most unthankfully refuse to come?* And how can it be imagined, that a Man has a true Love to his Saviour, or a grateful Sense of his Sufferings, that shall refuse to make a thankful Remembrance of them, when our Saviour has commanded it, and the Providence of God offers him

14 *The Nature of Preparation*

the Opportunity? I shall conclude the Head with the Judgment of two eminent Fathers, *St. Chrysostom* and *St. Ambrose*, whereby we may guess at the Sense of the *Greek* and the *Latin* Church, in relation to this Practice. The first *St. Chrysostom* delivers himself after this manner; *He who does not allow himself in the Practice of any known Sin, ought every Day to approach the Holy Table; but it is not safe for him, who has contracted a Habit of Sinning, and does not sincerely repent thereof, to communicate even upon the greatest Festival.* *St. Ambrose* gives us his Opinion, by way of Advice, in these Words concerning the Holy Sacrament, *Receive daily what will be of daily Advantage to you: So live, that you may be fit to receive every Day; for he that is not fit to receive every Day, is not fit to receive once a Year.*

Secondly, I shall shew what Preparation is necessary to perform this Duty after an acceptable manner.

When we speak of Preparation for the Holy Sacrament, we suppose the Candidates to have been educated in

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the Belief of the Christian Religion, that they have taken upon themselves the solemn Vow made at their Baptism, that they are instructed in what is necessary for a Christian to believe and practise, and that they have in some measure performed those Engagements which they solemnly ratified at their Confirmation. And therefore I think it very adviseable, before any one makes his first Communion, that he should consult the Priest of his Parish, that he may be satisfied how far he has complied with those Obligations he has lain under to Faith and Obedience, and may be farther examined as to those Qualifications that make a Man fit Guest at the Lord's Table. And when the requisite Preparation will consist in understanding what is the Nature and End of that Holy Action, and in the actual Exercise of such Christian Vertues, of which they are supposed to have laid a Foundation in the former Course of their Lives.

The first part of Preparation consists in the informing our selves carefully in the Nature and End of this Sacred Institution. Enquiring what is meant by

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this Holy Action, and to what purpose this Blessed Sacrament was ordained. This necessary Knowledge once attained, is a standing Qualification in all our future Communions, and therefore we ought to take the more Pains to settle right Notions in our Minds concerning this matter, because they will be serviceable to us in all the remaining part of our Lives. In order to this purpose it will be necessary to read over the History of the

Mat. 26. 17, 26.

Mark 14. 12, 20.

Luke 22. 7, 19.

1 Cor. 11. 24.

Institution of this Christian Sacrifice, as recorded by the Evangelists, and by St. Paul in his Epistle to the *Corinthians*,

who received what he taught in this matter by a divine Revelation. St. *Matthew's* account of it is this, That as our Saviour and his Disciples were eating the Passover, *Jesus took Bread, and blessed it, and brake it, and gave it to the Disciples, and said, Take, eat, this is my Body. And he took the Cup, and gave Thanks, and gave it to them, saying, Drink ye all of it, for this is my Blood of the New Testament, which is shed for many for the Remission of Sins.*

But

the CHRISTIAN SACRIFICE. 17

But I say unto you, I will not drink henceforth of this Fruit of the Vine, until that Day I drink it new with you in my Father's Kingdom. And when they had sung an Hymn, they went out into the Mount of Olives. St. Mark makes the same Relation, and St. Luke and St. Paul concur in the same particulars, with the addition of this positive Injunction, *Do this in remembrance of me.* From which places it will appear, that when our Saviour Jesus Christ celebrated the Jewish Sacrifice of the Passover with his Disciples a little before his Sufferings, he substituted the Sacrament of his Body and Blood, as the true Christian Sacrifice, in the room of the Passover; and ordained it as a Rite to invoke his Father by, instead of the manifold and bloody Sacrifices of the Law, and to be a mean of Supplication and Address to God in the New Testament, as they were in the Old. To which end our Saviour first offers up the Creatures of Bread and Wine to God, as an acknowledgment of his Sovereignty, by taking the Bread and Wine into his sacred Hands, by looking up to Heaven,

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and giving Thanks ; and then by Blessing the Elements, he makes them the Symbols of his Body and Blood, and distributed them to his Disciples, to eat and drink them in Commemoration of him. So that the Design of instituting the Sacrament of the Lord's Supper, was to constitute a Christian Sacrifice, wherein God mystically entertains Man at his own Table, in token of Amity and Friendship with him ; which that he might do, the Bread and the Wine are offered to God, to acknowledge him Lord of the Creatures ; and accordingly in the ancient Church they were laid on the Holy Table by the Priest, (as they are still ordered to be done by the Rubrick in the Church of *England*) and tendred to God by this short Prayer, *Lord, we offer thy own out of what thou hast bountifully given us ;* which by Consecration being made Symbols of the Body and Blood of Christ, we thereby represent to God the Father the Passion of his Son, to the end that he may for his sake, according to the Tenour of his Covenant in him, be favourable and propitious to us, miserable Sinners.

That

That as Christ intercedes continually for us in Heaven, by presenting his Death and Satisfaction to his Father; so the Church on Earth in like manner may approach the Throne of Grace, by representing Christ unto his Father in these Holy Mysteries of his Death and Passion. That what every Christian does mentally and vocally, when he recommends his Prayers to God the Father through Jesus Christ, making mention of his Death and Satisfaction; That in the publick Service of the Church is done by this *Rite*, which our Saviour commanded in Commemoration of him.

The *Incense* and *Mincha*, or the Offering prophesied of by *Malachi*, I. II. whereby God's Name was to be great among the Gentiles, is applied by the primitive Fathers to this Christian Sacrifice or solemn Worship in the Eucharist, taught by our Blessed Saviour to his Disciples, to be observ'd by all that should believe in his Name. The *Incense* which denotes the Prayers of the Saints, representing the spiritual part of the Christian Sacrifice, which is Prayer, Thanksgiving, and Commemoration; the *Mincha* or Offering representing

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presenting the material part thereof which is a Present of Bread and Wine which may very well be called a *Pure Offering*, in respect of Christ whom it signifies and represents, who is a Sacrifice without all Spot, Blemish, and Imperfection.

The Ancients held the Oblation in the Eucharist to be answerable in some respects to the legal Sacrifices. They believed that our Blessed Saviour obtained the Sacrament of the Eucharist as a Rite of Prayer and Praise to God, instead of the manifold and bloody Sacrifices of the Law. That the legal Sacrifices were Rites to invoke God by, and for praising and blessing him for his Mercies, is evident from Scripture. Instead therefore of slaying of Beasts, and burning Incense, whereby they praised God and called upon his Name under the Old Testament, our Saviour under the New appointed this Sacrament of Bread and Wine, as a Rite whereby to give Thanks and make Supplication to his Father in his Name. That as the legal Sacrifices were Types and Shadows

1 Sam. 7. 9.

C. 13. V. 12.

Ezr. 6. 10.

Prov. 15. 8.

2 Chron. 29. 27.

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shadows of the great Sacrifice on the Cross, and had a Relation to Christ that was to come, so the Christian Sacrifice of Bread and Wine looks back and has a Relation to Christ that was crucified.

There was also among the *Jews* an ancient Tradition, as has been ob-

* Theodorus Bibliander, lib. 2. de S. Trinitate. *erat apud veteres Hebræos dogma receptissimum, in adventu Messie Benedicti cessatura esse omnia legalia Sacrificia tantumque celebrandum Sacrificium*

Thoda: Gratiarum actionis, Laudis

et Confessionis, et illud peragendum

pane et vino; sicuti Melchisedec

Rex Salem et Sacerdos Dei Altissimi temporibus Abrahami panem et vinum protulit.

Vox Hebræa significat Laudem vel gratiarum actionem.

The truth of this farther appears, not only from the Testimony of R. Kimchi, cited by the learned Bishop Hooper, but from the Bereschit Rabba, that is the larger Commentary of the *Jews* upon Genesis, where R. Phinehas is quoted, upon the 28th of Numbers, speaking these Words, *Tempore Messie omnia sacrificia cessabunt, sed sacrificium panis et vini non cessabit, sicuti dictum est Gen. 14. et Melchisedec Rex Salem protulit panem et vinum. Et Melchisedicum Rex Messias excipiet a cessatione sacrificiorum sicuti dicitur, Psal. 110. Tu es Sacerdos in eternum secundum ordinem Melchisedec.*

Rabbi Johai also upon the same Chapter of Numbers, speaks to the same purpose; *Tempore Messie omnia Sacrificia desinent; Sacrificium vero panis et vini nunquam desinet.* Which he endeavours to confirm by several Texts of Scripture.

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served by learned Men, *That in the Time of the Messias all Sacrifices should cease but that of Bread and Wine.* And this Oblation of the Bread and Wine implied in St. Paul's Parallel of the Lord's Supper, and the Sacrifices of the

Gentiles, *You cannot, say*
 1 Cor. 10. 21.

he, be Partakers of the Table of the Lord and the Table of Devils because they imply contrary Covenants, incompatible one with the other. Now here it is manifest, that the *Table of Devils* is so called, because it consisted of Meats offered to Devils, where by those that eat thereof eat of the Devil's Provision; therefore the *Table of the Lord* is called his Table, not only because he ordained it, but because it consisted of Meats offered to him. The Author of the Epistle to the Hebrews

St. Paul, insinuates the
 C. 13. V. 10.

same thing, We have an Altar, saith he, whereof they have no right to eat who serve the Tabernacle. By which it is plain, there was an Altar in the Christian Church, besides that in the Jewish Temple, and consequently a Sacrifice, not only the spiritual one of Prayer and Thanksgiving, but the material

the CHRISTIAN SACRIFICE. 23

material one of Bread and Wine, sufficiently signified by the Word *Eating*. The first Christian Writer after the Apostles, St. Clement, in his Epistle to the Corinthians, uses the Phrase, *Offering the Gifts* for the Administration of the Sacrament; and that the succeeding Writers in the Christian Church observed the same Stile, is clearly proved by the learned and pious Mr. Mede in his *Christian Sacrifice*. Hence we may observe, that the Holy Sacrament consists of two parts, the *Earthly*, which are the Elements of Bread and Wine; and the *Heavenly*, which is the Power of the Holy Ghost descending upon Consecration, and sanctifying the Bread and Wine, and invigorating them with the divine Virtue of Christ's Body and Blood. For tho', as Theodoret speaks, *The Symbols of our Lord's Body and Blood, after the Prayer of Consecration are changed, and become*

Προσέσπον-
τας τὰ δῶρα.
Edit.Ox. p.94.

other; yet they depart not from their own Nature, for they remain in their former Essence, and Figure, and Shape, and are visible and sensible, such

Dial. 2.

24 *The* HOLY COMMUNION

as before they were. And the Priest that officiated in the ancient Church not only rehearsed the Evangelical History of the Institution of this Holy Sacrament, and pronounced those words of our Saviour, *This is my Body, this is my Blood*; but he offered up a Prayer of Consecration to God, beseeching him *That he would send down his Holy Spirit upon the Bread and Wine presented unto him on the Altar, and that he would sanctifie them, that they might become the Body and Blood of his Son Jesus Christ*: Not with Respect to the gross *Compages* or Substance, but only as to the Spiritual Energy and Vertue of his holy Flesh and Blood, communicated to the blessed Elements by the Power and Operation of the Holy Ghost descending upon them; whereby the *Body and Blood of Christ is verily and indeed taken by the Faithful in the Lord's Supper.* This Prayer is found in all the ancient Liturgies; and some learned

Rom. 15. 16.

Men have thought that St. Paul alluded to something of this Nature, when he speaks of the *Offering of the Gentiles* being made acceptable by the *Sanctification* of

the

the *Holy Ghost*; there being no less than five *Liturgical* Words in that Text, as has been observed by learned Men.

And as this Christian Sacrifice was designed to render God propitious to us, by representing to him the Merits of our Saviour's Sufferings; so it was instituted to be a standing *Monument* of the *infinite Love* of our Saviour, in dying for us; and by eating and drinking at God's Table, according to Christ's Appointment, to fix in our Souls the Memory of those invaluable Blessings he has purchased for us; and to communicate to all worthy Receivers the Benefit of his Sacrifice upon the Cross; upon which account it is called *The Communion of his Body and Blood*. And it was moreover ordained to be a *Band of Union* to knit Christians together in the same Fellowship and Communion. Thus the infinite Love of Christ appeared not only in giving himself to die for us, but in so far complying with the weakness of our Nature, as to institute and ordain Holy Mysteries as Pledges of his Love, and for a continual remembrance of his Death to our great and endless Comfort.

And

26 *The Power of Administring*

And since we live in an Age that is inclinable to make all the *inherent Powers* in the *Priesthood*, to be the Effects of *Priest-craft*, and that others take upon them to sign and seal Covenants in God's Name, who have received no Commission to that purpose. It will be fit for any Man that prepares himself for this Holy Ordinance to consider who has the Power of *administring* this *Holy Sacrament*; whether *Lay-men* as well as *Clergy-men* that have received their Commission by Succession from the Apostles. This Consideration I am sure will be of great Comfort to the faithful Members of the Church of *England*, which has preserved the ancient Apostolical Government, and the Primitive Orders in a due Subordination, whereby they are secured of a right and truly *Canonical Ministry*.

Now to satisfy our selves in these Enquiries, we must observe, that in the first Institution of this Sacrament, it was celebrated by our Lord and Master *Jesus Christ*; He blessed the Bread and Wine, and gave both to his Disciples; and he himself was, as the A-

postle

the *Apostle* calls him, the *High Priest* over the *House of God*. And indeed, the Design of the *Epistle to the Hebrews* seems to be to shew us the difference between the two *Covenants*, the Nature of the *Levitical* and *Evangelical* Priesthood, what Necessity there was of a change from the one to the other; that the *Evangelical* was after the Order of *Melchisedec*; that our *Saviour* was the *High-Priest* of that Order, and that this Honour he took not to himself, but was called of God to it, as well as *Aaron* was to his. The Sacrament being thus instituted, and the Elements being consecrated by a Priest at the first celebration of it; the *Apostles* kept close to their Master's Institution, being commanded to *do the same in remembrance of him*; they consecrated the Elements, and gave them to the People, as he before did to them, and the same did the *Bishops* and their Successors after them, and those that they appointed. And this was so constantly and universally practised in these early times, that one Instance is not to be brought to the contrary.

Besides,

28 *The Power of Administring*

Besides, the very Nature of a Sacrament requires commissioned Officers for the Administration of it. For Sacraments being Seals of the Covenant of Grace, of that Covenant between God and Man, which our Saviour purchased for us, and confirmed with his Blood. Who can seal this Covenant, unless such as are empowered by God to transact with us in his Name? On our part to offer up our Prayers and Supplications to him; and on his, to bless us, to absolve us from our Sins upon Repentance, and to seal the Pardon of them, by admitting us to partake of these Holy Mysteries.

To this End the Apostles were careful in providing good Men to succeed them in their Ministry; St. Paul was earnest with *Titus* to ordain Elders in every City, and with *Timothy*, to lay Hands suddenly on no Man; and in his Epistles to both, he describes, and that nicely too, the Qualifications of those that were to be admitted to Ecclesiastical Orders. In the Church of *Corinth* there were Prophets and Teachers, Helpers and Governours, which were their Bishops, Priests, and Deacons.

Now

Now what need was there of this Distinction, and of great care and caution in conferring Orders; if they had no particular Powers to exercise, and that every Lay-man had an equal Right to dispense them. Our Church in asserting the Supremacy of Sovereign Magistrates has declared that

the Ministring either of God's Word or of the Sacraments, is not given to Princes, because they are not invested with, nor have a Sovereign Disposal of the Power of Orders. Art. 37.

But the Practice of the Christian Church from the beginning of Christianity sufficiently confutes the Reasonings of *Tbeists* and *Entbusiasts*; and Matter of Fact is too solid and substantial an Argument to be confuted by Art and Sophistry. St. Clement in his Epistle to the *Corinthians*

tells us, *when the Apostles planted Churches, they made the first Fruits of those they converted Bishops and Deacons over those that should afterwards believe. And that as the Priests have the proper Services appointed them, appertaining to their Ministries; so the Lay-man is* Ox. Edi. p. 4. 89. P. 87.

confined

30 The Power of Administring

confined within the Bounds of what is com-
manded to Lay-men. And in another
Place he speaks to this purpose, *All those*
Duties which the Lord hath commanded

us to do, we ought to do them

Cap. 40.

regularly and orderly; our
Oblations and divine Services to celebrate
them on set and appointed Times. For
hath he ordained, not that we should do
them at hap hazard, and without Order, but
at certain determinate Days and Times
where also, and by whom he will have
them executed, himself hath defined ac-
cording to his supreme Will. St. Ignatius,
who was Disciple to St. John and
Bishop of Antioch, in his Epistle to the
Smyrneans, p. 6. is more expresse to
this purpose; Let no Man do any thing,
says he, of what belongs to the Church
without the Bishop: Let that Eucharist
be esteemed firm and valid, which is
either administred by the Bishop, or by him
whom he authorises: Wheresoever the Bi-
shop shall appear, there the People ought
to be, as where Jesus Christ is, there is
the Catholick Church. It is not lawful
without the Bishop, either to baptize or to
celebrate the Holy Communion; for what-
soever he shall approve that will be ac-
ceptable

the HOLY SACRAMENT. 31

ceptable to God, to the end that whatever is done may be regular and of force. And *Tertullian* testifies of the Christians of his Time, that as they did receive the Sacrament of the Eucharist in their Meetings before Day, so it was only from the Hands of their Bishops.

De Coro. Mil.
cap. 3. Nec de
aliorum manu,
quam Presiden-
tium.

I would only desire those, who are too apt to attack the *Christian Priests*, as the rebellious Princes did *Moses* and *Aaron*, by insinuating, that they take too much upon them; and by demanding, wherefore they lift up themselves

Numb. 16. 3.

above the Congregation of the Lord? to be mindful of their Punishment, and to consider how severely God revenged their Insolence, in causing the Earth to open her Mouth, and to swallow up them and all their Adherents.

The Second part of Preparation consists in those pious Dispositions of Mind, which qualifie us to receive this Sacrament after a worthy manner, and make us fit Guests at the Lord's Table. And therefore when we plead the Merit of Christ's

32 *The Pious Qualifications*

Christ's Death and Passion before God the Father in this Christian Sacrifice it ought to be accompanied with a most *thankful Acknowledgment* of those great Blessings our Saviour has purchased for us by his Sufferings, and a publick proclaiming to all the World, the great Sense we have of such invaluable Kindness. With a *heartly Repentance* for all the Sins we have been guilty of in Thought, Word and Deed; for this was the end of his Death, to reconcile us to

God, by *turning us from our Iniquities*. With *firm*

Resolutions of better Obedience; for he gave himself for us, *to purifie to*

himself a peculiar People zealous of good Works.

With an *entire Resignation* of our Souls and Bodies to be a reasonable, holy, and lively Sacrifice unto him; for he has the justest Claim to us, because he

purchased us at the Price of his own Blood. With a

constant endeavour to make some proficiency in all the Vertues of the Christian Life, because he has obtained for us, by the Merits of his Sufferings, the

Grace

for Frequent COMMUNION. 33

Grace and Assistance of God's Holy Spirit, to work in us both

Phil. 2. 12.

will and to do of his good Pleasure. With a Readiness of Mind to be reconciled to all those that have offended us, because *when we were Enemies we were reconciled*

Rom. 5. 10.

to God by the Death of his Son. With hearty and sincere Love and Charity to our Brethren, contributing all we can to the relief of Christ's poor distressed Members, by reason he was so liberal of his inestimable Blood for us. Lastly, with a purity of our Intention, sincerely aiming at, and designing to answer all those ends and purposes for which this Holy Sacrament was ordained; and not merely to comply with Custom, and to qualify ourselves for a profitable Employment.

But then it must be noted, that all these Qualifications are the same that we are oblig'd to acquire by our *Baptismal Vow*, and are necessary in the Course of a Christian Life, and in the Use of all other Means of Grace. For except we confess our Sins with an humble, penitent, and obedient Heart, and are ready to forgive those that have

34 *The Pious Qualifications*

have offended us, and ask with Faith even our Prayers and Praises will find no acceptance at the Throne of Grace. Indeed *Charity* and *Good Will* towards all Men, was always thought so necessary a Qualification for the Celebration of this *Christian Sacrifice*, that in the ancient Church, at the very entrance thereunto, the *Deacon* was wont to proclaim, *Let no Man have ought against his Brother* : And this Practice was founded upon our Saviour's Ordinance, in his divine Sermon upon the Mount, *If thou bringest thy Gift to the Altar, and then rememberest that thy Brother hath ought against thee, leave thy Gift before the Altar, and go thy way, first be reconciled to thy Brother, and then come and offer thy Gift.* Which Scripture, in the sense of the *Primitive Church*, was taken to be an Evangelical Constitution, implied by way of Anticipation, that our Saviour would leave some Rite to his Church, instead and after the manner of the Sacrifices of the Law, which should begin with an Oblation, as they did; and that, to require this proper and peculiar Qualification in the Offerer,

for Frequent COMMUNION. 35

er, to be at Peace, and without En-
mity with his Brother; insomuch, that
Cyprian seems to place
that Purity of the Evan- Lib. 4. cap. 34.
gelical Oblation, prophe-
died of by Malachi, prin- Chap. I. V. 11.
cipally in this Requisite.

And besides this, the only Duty the
Scripture seems to make peculiar to the
receiving the Holy Sacrament, is Self-
Examination. This is St. Paul's Di-
rection, *Let a Man exa-*
mine himself, and so let I Cor. II. 28.
him eat of that Bread, and drink of
that Cup; which if taken in the largest
sense, for searching into the State of
our Souls, in order to know how far
we believe and practise what is re-
quired of us, and to mend for the fu-
ture what has been amiss in our past
Conduct, is certainly obliging at other
times, as well as before the Sacrament;
and 'tis impossible a Christian should
govern his Life with that necessary
Care and Watchfulness that is required,
without practising of it very frequent-
ly. And yet I believe, if the Sense of
St. Paul be impartially weighed in that
matter, it will appear, that the Exa-
mination

36 *The Duty of Self-Examination*

mination he recommends, is not the
of our State and Condition towards
God, and of our Duty in general; but
an *Examination* of our *manner of Eating*
the Lord's Supper by Christ's Institution
of it, to see whether our Behaviour
comports with the Institution
and the End for which it was instituted.
For to remedy the Disorders that
were in the Church of *Corinth*, in the
Administration of the Lord's Supper,
he sets before them Christ's Institution
of the Holy Sacrament, that they
might acquaint themselves with the
manner and end proposed in the partaking
of it; so that by that every one
might examine his Comportment
therein, whether conformable to that
Institution, and suited to that End. In
the account he gives of Christ's Institution,
he remarks, that Eating and
Drinking in the Sacrament, was not
part of common Eating and Drinking
for Hunger and Thirst, but to represent
Christ's Body and Blood, to be eaten
and drank in remembrance of him,
or as *St. Paul* expounds it himself,
to shew forth the Lord's Death.
He moreover observes, that this was
done

one by all who were present united together in one Company at the same time. All which put together, shews that the Examination here proposed relates to; for the design of the Apostles being to reform those Abuses he found fault with in their celebrating the Lord's Supper, 'tis by that alone we must interpret the directions he gives concerning it, if we will suppose he talked pertinently to the Subject in hand; which was to reduce the *Cathartians* from the Irregularities they were run into in this matter. And if we account of Christ's Institution be not for their examining their Carriage of it, and their adjusting their Communion to it, it will be hard to find Reason for what purpose it is here mentioned.

From hence we may therefore gather what that unworthy Receiving is, which is condemned in the *Cathartians* by St. Paul, and what the punishment annex'd to it: It was their disorderly and irreverent Participation of the Lord's Supper; it was their Eating and Drinking after an unworthy manner, without a due regard to the

38 *The Duty of Self-Examination*
Manner and End of that Holy Institution; without a due Respect had to the Lord's Body, in a discriminating and purely Sacramental Use of the Bread and Wine that represent it. It being the Custom of the Primitive Christians to receive the *Holy Eucharist* after the *Feasts of Charity*, wherein the Rich and the Poor were wont to eat together with great Sobriety and Temperance. In the Church of *Corinth* this method was not observed; the Poor were not admitted to this common Feast; so *in eating every one took before each other his own Supper*; so that when some wanted, others were guilty of scandalous Excess, and gross Intemperance. And the Effect of it was, *They did not discern the Lord's Body*. They made no difference between the Sacrament and a common Meal; between what was to sustain their Bodies, and what was to nourish their Souls. So that to eat the Bread, and drink of the Cup without a due and direct discrimination had to the Lord's Body, by separating the Bread and Wine from the common Use, of eating and drinking for Hunger and Thirst, was to *eat unworthily*. The

before the Holy Communion. 39

ishment annexed to these Miscarriages, were Infirmities, Sicknes, and temporal Death, with which God corrected them, that they might not be condemned with the unbelieving World. By which it appears, that temporal Judgments must be understood by the Word our Translators render *Damnation*. Tho' if these Temporal Judgments had not produced Amendment and Reformation, such a contempt of Holy things might have made them obnoxious to the eternal Judgment of God.

Now it appears farther, by the Nature of these Punishments, that the Examination St. *Paul* recommends, referred to the Institution of the Sacrament; for if the Unworthiness here spoken of, were either Unbelief, or any of those sins which are usually made the Matter of Examination, 'tis to be presumed the Apostle would not wholly have pass'd them over in Silence: This at least is certain, that the Punishment of these Sins is infinitely greater than that which God here inflicts on unworthy receivers, whether they who are guilty of them receive the Sacrament or no.

40 *The Persons not Qualified*

That then which makes a Man absolutely unfit to receive the Holy Sacrament, besides Ignorance of the meaning of that Holy Institution, is the living in the constant habitual Practice of any known Sin without Repentance. Such a Man's approach to the Holy Table would be a mocking of God and a great Contempt of his Authority; and tho' the ancient discipline of the Church is at a low ebb among us yet there is still Power to debar such scandalous and open Sinners the Com-

Cap. XXVI. munion, and a particular Order to Parochial Ministers not to admit such. But then ought to be observed, that this impenitent State makes our Prayers also an Abomination to the Lord; for to profess our selves sorry for our Sins, and resolved to forsake them, when we have no sense of the one, nor are determined to do the other, is the greatest Affront imaginable to our Maker by supposing that either he does not know our Hearts, or that he will be pleased when we draw near to him with our Lips, though our Hearts are far from him.

There

for Frequent COMMUNION. 41

There is a case indeed, wherein, I think, a Man may be supposed qualified to attend the *publick Prayers* of the Church, and yet that it may be fit for him to *abstain* from *approaching* the Altar, which is when a Man first rises in *unfeigned Repentance* from a *deplorable* fall into *some grievous Sin*; the first Scene of his penitential Sorrows should pass in the Exercise of Mortification and Self-denial, and some time may be necessary to prove the Sincerity of his return to his Duty. And this is agreeable to the *discipline* of the Church in the primitive Times, when whoever was found guilty of any scandalous Fault, was according to the Nature of the Offence, debarred the Communion a shorter or a longer time; and so that it will very well become the Modesty of a Penitent, in these loose times wherein the Christian *discipline* is relaxed, to exercise it upon himself; it being reasonable, that the Sense of any heinous Crime lately committed should so humble and mortifie us, as to make us ready and willing to impose this Penance upon our selves, as thinking our selves for some time un-

42 *The Persons not Qualified*

worthy to participate in the highest and most solemn Act of Religion.

In short, the best Preparation for the Sacrament is a constant endeavour to live as becomes that Holy Religion we profess. For they who really believe the Christian Religion, and sincerely govern their Lives by the Doctrine and Precepts of the Gospel of the Blessed Jesus, have all that substantial Preparation that qualifies them to partake in this Holy Ordinance, and ought to receive at any time when there is an Opportunity, though they were not before hand acquainted with it. Indeed when they have a foresight of their communicating, 'tis very advisable they should trim their Lamps, examine the State of their Minds, renew their Repentance, exercise their Charity, enlarge their Devotions, spiritualize their Affections; and in order to this, should retire from Business and Pleasure, as far as the Nature of their Circumstances will admit; that by Prayer, Fasting, and Alms-deeds, their Minds may be raised to relish Spiritual Enjoyments. But still great care must be taken, that when

for Frequent COMMUNION. 43

When a Man is habitually prepared, he do not impose upon himself so much actual preparation as shall make him lose an Opportunity of receiving the Sacrament, when he has not had time to go through with that Method he has prescribed to himself.

Thirdly, I shall endeavour to answer some Objections against Frequent Communion.

Object. 1. The first usual Objection Men make, is, That they are unworthy to receive the Holy Sacrament, and consequently if they approach God's Table they shall eat and drink Damnation to themselves.

Ans. If this Objection is made by such who live in a course of Wickedness, 'tis certain as long as they resolve to continue such, they are very unfit to approach these Holy Mysteries; while they are at open defiance with God Almighty, break all his Laws, and refuse all Offers of Reconciliation, they ought not to be admitted as Guests at God's Holy Table; and if the Discipline of the Church were restored, which is founded upon the

44 *The Objection of Unworthiness*

Laws of Christ and his Apostles, are sufficiently explained to us by primitive Practice, such refractory Sinners should be excommunicated, and throw out of the Community of Christians and not be re-admitted till they have given publick Testimonies of their Sorrow and Repentance. But all Men easily see the Vanity of this Excuse because one Fault can never justify the commission of another.

But if this Objection is made by devout People, to excuse their not frequenting the Christian Sacrifice, they must consider, that this Argument push'd home, ought to hinder them from ever communicating. For Men take the Word *Unworthy* in a strict Sense, for such Persons as no way deserve those great Benefits that are offer'd and conferr'd in the Holy Sacrament, no Man should ever receive at all, because no Man deserves anything at God's Hands, much less those invaluable Blessings purchased for us by Christ's Death; and yet they that make the Objection do venture at some great Solemnities to approach these Holy Mysteries; which makes it wonderful

for Frequent COMMUNION. 45.

erful how they can reconcile this
their Notion of Unworthiness, with
their Practice of receiving at such Sea-
sons; or else they must have at those
times a better Opinion of themselves
than is consistent with Christian Hu-
mility. But there is a great difference
to be made between deserving that Fa-
vour, and between receiving that Fa-
vour after a worthy and fit manner.
We may have no Merit to procure us
such Benefits as may be conferred up-
on us; and yet if we receive them
with a great Sense of Gratitude, ac-
knowledging the Bounty of the Giver,
with a great Sense of our own Deme-
rit, owning they are infinitely above
our Deserts, with care and diligence
to receive them in the way and man-
ner prescribed, and with Resolutions
of making the best Returns we are ca-
pable of; we may be truly said to re-
ceive such Favours after a worthy
manner, tho' we are never so unworthy
of the Benefits themselves.

The *unworthy eating and drinking*,
condemned by St. Paul in the *Corin-
thians*, has been already explained,
with the Punishment annex'd to it;
C 5 which.

46 *The Objection of Unworthiness*

which will certainly, if seriously considered, abate those Fears which but too often possess devout Souls; and if they are in earnest, will be able to turn their Fears quite on the contrary side, and make them apprehensive of provoking God, by neglecting a *positive Command* of our Saviour's, by him laid upon all Christians.

It is not to be supposed, that we must be *perfect* and strong grown Christians before we partake of these *Divine Mysteries*; 'tis enough we sincerely desire to be such, and if so, we shall find the frequent use of the *Holy Communion* to be the most effectual means to that purpose. We are here in a Vale of Tears; where should we seek for Comfort, but from the Source of all Joy and Satisfaction? We are surrounded with a Multitude of Temptations, where shall we find Strength to resist them, but in this Divine Armoury? We are loaded with many Imperfections, and sometimes, by negligence or surprize, fall a Prey to the Tempter, what so proper to wash away our Stain, as that precious inestimable Blood, which was shed to that very end and purpose?

for Frequent COMMUNION. 47

purpose? So that the very *Sense* of our *unworthiness*, if rightly applied, should quicken our *Zeal* in approaching frequently, that we might become better.

Object. 2. Some Object, *That the frequent use of the Holy Sacrament may be apt to abate and diminish that Reverence and Respect which Men ought to have for it.*

Ans. This Objection is founded upon the Experience Men have, that their Familiarity and intimate converse with Men and Things in this World, is apt to diminish their Value and Respect for them; not considering that it is quite the contrary in Spiritual Things, the frequent Use whereof is the likeliest means to encrease our Veneration and Respect towards them. An uninterrupted Enjoyment of the good things of this World may very well lessen our Esteem of them, because it convinces us they do not administer that Happiness which they promise; but the more we employ our selves in Spiritual Exercises, we find they produce a Satisfaction that rises above what we expected, or worldly Men can imagine. The better we know
C. 6. Men,

48 *Frequent COMMUNION.*

Men, the more we discover their Frailties and Imperfections; at a distance we see only the Brightness of their good Qualities, but a closer Correspondence acquaints us with their Failings; and therefore our Familiarity with the best of Men may be apt to abate that Respect we paid them at a distance, by reason of that mixture of Frailty which accompanies their greatest Vertues. But the oftner we converse with God in his Holy Ordinances, the more we shall admire his divine Perfections, and the more we shall be disposed to conform our selves to his likeness; for an Object of infinite Perfection in it self, and of infinite Goodness to us, will always raise our Admiration and heighten our Respect and Esteem the more we contemplate it; it being the discovery of some Imperfection, of some flaw, where we thought there was none, that lessens our Esteem and provokes our Contempt.

Object. 3. Others pretend, *That the Custom of frequent Communion diminishes the Profit and Advantage that is to be reaped from that divine Institution.*

Ans. This Objection is founded upon

in the unhappy Temper of most Men, who are apt to put the greatest value upon things that are rare and uncommon, and to neglect, or at least to perform Actions of the greatest Consequence after a slight and careless manner when they frequently occur. But if the fear of falling into this weakness were a sufficient Reason to abstain from frequent Communion, it would hold with as much Force against frequent Prayer, which the Precepts of the Gospel make necessary; and therefore as in praying often we at length learn to pray well, so in frequently receiving the Holy Sacrament, that Fervour and Appetite sensibly encreases, which is so necessary to make us receive with Advantage. If People reap no Profit from their frequent Communions, the Fault must be laid upon the Negligence of their Lives, and upon the slight Care they take in the Examination of their Consciences; and if upon a strict inquiry they find any secret Sin unrepented of, any habitual neglect of their Duty, this great Bar to the influence of Grace must be removed. And if, after that, they still make the same

Complainr

★

50 *Frequent COMMUNION*

Complaint, they must consider what they mean by unprofitableness; for 'tis certain, if we bring a right Temper of Mind, the Body and Blood of Christ in the Sacrament is of great Profit and Advantage to us. If we are penitent, it seals to us the Pardon of our Sins; if we are sincere, it fortifies our Resolutions; if we believe, it strengthens our Faith; and if we are real and in earnest, it enflames our Charity; but if we think it must cure us of all those Imperfections which are inseparable from the frailty of our Nature, we deceive our selves. The best of Christians groan under the Perverseness and Impotence of corrupt Nature. Or if we expect always those heavenly Joys and Raptures which God is pleased sometimes to communicate to his faithful and devout Servants, we are too presumptuous; God may deny us those fore-tastes of Bliss to keep us humble, and to quicken our Industry to attain them; and if God does not communicate himself to us after that way and manner our shallow reason thinks most desirable, it does not become us to lay any blame upon this divine

divine Ordinance; which is certainly in it self the most efficacious means to make us just and charitable, pious and devout. And they that owe their Ardours at the Altar to their seldom approaching the Holy Table, have too much Reason to conclude they are more affected from the rarity and unusualness of the Action, than from the divine Vertue that flows from it; like those that converse seldom with Men of great Quality and Title, the awe they feel of their Greatness proceeds more from their not being used to frequent their Company, than from the Opinion of their true Worth and Dignity. So that these People seem rather to be under the Power of Nature than the Influences of Grace.

I am sure Experience will inform us, that the devoutest Ages of the Church were those wherein the Practice of frequent Communion most prevailed. Never was there so much Fervour and strictness of Piety, as when the Faithful met daily at the Lord's Table. And in the Accounts we have of the greatest Saints, never any one excelled in the Virtues of the Christian Life,

Life, but what distinguished himself by frequently nourishing his Soul with this Heavenly Bread.

Nay, I dare appeal to those holy Souls who live under a strict Sense of their Duty in this particular, and embrace all Opportunities the Providence of God offers them to commemorate the dying Love of their blessed Saviour; whether they do not find themselves more determined to be just in all their Dealings, and readier to relieve the Necessities of the Poor; whether their Affections to the World do not lose Ground, and their Desires towards Heaven do not grow more intense and vigorous; whether their Passions are not more calm, and their Patience and Submission to the Will of God more evident and conspicuous; whether they are not sensible of less fondness for Life, less earnestness for Trifles, less desire of Glory, less eagerness for Profit, and less concern for whatever the World most esteems?

Object. 4. It is farther objected, *That Men of great Business, either in publick or private Affairs, may justly be excused from frequent Communion, because*

with Frequent COMMUNION. 53

cause they have not leisure to prepare for it.

Ans. Any Business, tho' lawful in its own Nature, yet if prosecuted to such a degree as to take Men off from the Care of their Souls, ought to be laid aside; because the Salvation of our Souls is of much greater Consequence than any Affair that relates to this World; and wise Men proportion their Care of a thing according to its worth; they do not spend their time upon Trifles, and neglect what may be of the greatest Consequence. I suppose they who make this Excuse design to be saved, and therefore must own that their Souls are of greater worth than their Bodies, and that they must certainly find a time to die, however careless and negligent they may be in making a due Preparation for it. But besides, the Care of our temporal Concerns, and our Duty to God, are very consistent. A great deal of Business and the Duties of Religion may stand together, provided we govern our Affairs by Christian Principles. For tho' such Men have not leisure for so much actual Preparation,

54 *Much Business consistent*

ration, yet they may have all the habitual Preparation upon which the great stress ought to be laid in this Matter. Nay, even the conscientious discharge of their Business is an admirable qualification for receiving the Sacrament. A Man is serving God when he follows his Calling with Diligence, and observes Justice and Equity in all his Dealings; when he manages the Affairs of the Publick with Fidelity and Honesty, without selling Justice, without Oppression, and without sacrificing them to his private Interest. And the greater Dangers and Temptations he is exposed to, the greater need he has of God's Grace and Assistance, which is abundantly communicated in this Holy Ordinance. When we travel in Ways frequented by Robbers, we go well-armed, and unite Companies, that we may be the better able to defend ourselves. So that the Man of Business, who has any serious thoughts of another World, ought more especially to lay hold on such Opportunities, which may secure him against those Dangers he daily converses with, and which may fortifie

with Frequent COMMUNION. 55

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ortifie him against those watchful Ene-
nies that lie in wait to destroy him.
For as they who have leifure ought
requently to receive, as the best im-
provement of their Time; so they that
are engaged in many worldly Affairs
ought to come often to the Sacrament,
and learn how to sanctifie their Em-
ployments.

Object. 5. Others think they *satisfie*
their Duty in this Particular, if they
comply with the Command Rubr. after the
of the Church, which en- Comm.
joins three times in the Can. 21.
Year, whereof Easter to be one, and so
think themselves excused from frequent
Communion.

Ans. These Objectors against fre-
quent Communion quite mistake the
Sense of the Church in this Injunction,
who in her Exhortations excites us to
frequent Communion, and therefore
in most Parishes invites us at least
every Month, and in some Churches
every Sunday, and every Holy-Day,
especially in Cathedrals, where all
Priests and Deacons are
enjoined at least to receive
every Lord's-Day; except

Rubr. after the
Commun.

they

56 *The Church encourages*

they have a reasonable Cause to the contrary. All that she says is, That Christians ought to communicate at least three times in the Year, as if that was the *minimum quod*; that is, the least that is absolutely necessary to denominate us Christians; which if we neglect, we deserve to be separated from that Body whereof Christ is the Head, and incur the Censures of the Church, which when rightly dispensed are very terrible. I wou'd fain know if a Physician should tell a Man that just so much is absolutely necessary to maintain Life, if he should eat less he would not only endanger his Health, but run the hazard of starving himself; whether a Man that confines himself to such a Method would be thought to be in Love with Life, and whether those that have good Appetites cou'd subsist under such a Discipline. It is just the same in our spiritual Life, so many times communicating preserves us from being separated from the Body of Christ, which is the Life of a Christian; except we are Members we cannot in any ordinary way partake of the favourable Influences

of the Head, but this is not enough in order to our well-being. 'Tis a sign we are weak and very imperfect Christians, if we have so small an Appetite for this spiritual Food, 'tis a sign we have little Relish for the things of God. Let us call to mind the Fervours of the primitive Christians, who made the Commemoration of our Saviour in the Eucharist a constant part of their publick Worship. As the primitive Piety decayed, so the means of maintaining it were less frequented; and 'twas the bad Lives of Christians, and their total neglect of communicating, which made the Church oblige them to receive at some certain times under the penalty of Excommunication. And is it becoming a Man, that has any Sense of the Excellency of this Christian Institution, any value for the Privilege of being a Disciple of the crucified Jesus, any Care of his Salvation, any desire of being perfect as God is perfect, to excuse himself from a necessary Duty by an Injunction, which was introduced by the Indevotion of negligent Christians? 'Tis not enough that we are
Christians,

58 *The great Advantages of*
Christians, we must grow in Grace
and the Man of God must be made
perfect; of which when we are once
convinced, we shall never neglect
frequent Communion, because it is
the most effectual means of attain-
ing it.

Fourthly, I shall in short lay before
you the great Advantages of frequent
Communion.

Our intimate converse with Tem-
poral Things, and our Familiarity
with the Delights and Satisfaction of
Sense, is but too apt to take off our
Minds from serious Thoughts, and
to impair that Vigour and Resolution
which ought to be employed about
the one thing necessary. Now fre-
quent Communion keeps *a lively Sense*
of Religion upon our Minds, and in-
vigorates them with fresh Strength and
Power to perform our Duty. It is
the proper Nourishment of our Souls,
without which we can no more main-
tain our Spiritual Life, than we can
our Temporal, without eating and
drinking.

Frequent COMMUNION. 59

As long as we carry these frail and sinful Bodies about us, the World, the flesh, and the Devil, those constant enemies to our true Happiness, will be making perpetual assaults upon our Virtue, and using their best Endeavours to corrupt our Innocence: Now frequent Communion is the *sovereign Remedy against all their Temptations*, by mortifying our Passions, by spiritualizing our Affections; for how can we yield to any sinful Satisfactions that crucified the Lord of Glory, or fix our Hearts upon perishing Objects, when our God only deserves, as he requires, the whole Man?

One of the great Advantages of our Christianity consists in being made Members of Christ's Mystical Body, by reason of those happy Influences we derive from our Head; and our Happiness depends upon not forfeiting this Blessed Privilege. Now frequent Communion *preserves this spiritual Union inviolable*, between Christ and all faithful Christians, by a mutual intercourse of Goodness and Compassion, in pardoning our Sins, in strengthening our feeble Virtues, and in communicating

60 *The great Advantages of*

communicating Heavenly Joys and Fortastes of Happiness; and on our side by repeated Acts of Adoration and Thankfulness, of Love and Admiration, of Resignation and Submission to his Holy Will, and of sincere Professions of Constancy and Perseverance in his Service.

We are convinced by fatal Experience, that either through Surprise, or the strength of Temptation, we cannot always stand upright, that we do those things we ought not to have done, and leave undone the things we ought to have done. Now this Holy Sacrament *perfects our Repentance, and ratifies and confirms to us the Pardon of our Sins*, repairs those Breaches which our Follies have made in our Souls, and applies to us in particular that Satisfaction which our Saviour made upon the Cross, and conveys to us the Benefits of that All-sufficient Sacrifice, whereby God the Father is render'd favourable and propitious to us, miserable Sinners.

In this Vale of Tears, Afflictions and Calamities are often the Lot of the best of Men. Now where shall we find Comfort

Frequent COMMUNION. 61

under these Difficulties, or Strength contend with them, but from that provision that is administred at God's table; from those Sufferings which our Saviour endured for us, and no ways served himself? For who can complain of Affliction in any kind, that considers what necessary Correctives they are of our Follies, what noble Improvements of our Virtue, and what a testimony they are of our Love and Affection to the Blessed Jesus, when we come with Patience and Submission; and that withal remembers, that his Lord and Master was made perfect through Sufferings? Besides, from this divine Nourishment we receive such comfortable Impressions, as make the Troubles of this Life lose their Sting; and it supplies us with such inward Delights, as surpass all Expression, and which are only felt by those that frequently make the Experiment.

This is the most proper method to make our Bodies Temples of the Holy Ghost, and the most effectual means to fit and prepare our Souls for the Eternal Enjoyment of God.

62 *The Rules of the Church*

Fifthly, I shall shew the particular Care the Church of England has taken to prevent the Profanation of these Holy Mysteries.

Such is the wise Discipline of our Holy Mother, that both by her Rubrics and Canons, she trains us up by gradual steps from our Infancy, to a worthy Participation of this Christian Sacrifice. For in our Baptism she requires Sponsors, who shall stipulate for us, and give Security for our Christian Education in the Doctrines of Christianity, and in the Communion of the Catholick Church, they being engaged not only to instruct us in all the necessary Points of Faith, but also charged to take care, when we are fit, that we be brought to the Bishop for Confirmation. This is an additional Security to that Duty, which Nature and Christianity has laid upon Parents, and a happy Provision in case of their Mortality. And not the Surrogate only, but the Parish Priest or Curate is particularly enjoined to catechise, to instruct, to examine the Youth, and to

Can. 59, 60, 61.

common

about COMMUNICANTS. 63

Common People in the Principles of the
Christian Religion, according to the
Church-Catechism; which Catechism is
an excellent Abridgment of all those
things which are necessary to be belie-
ved and practised, in order to the wel-
fare of our Souls. And farther, the
Church requires, that none be presented
to the Bishop for Confir-

ation, till they can give
an account of their Faith;

Rubr. after the
Catech.

which the Minister, who is to pre-
sent them, is to be the Judge; and not
they then to be confirmed, unless the
Bishop approves of them, which suppo-
ses some Trial and Examination on his
part. To all this she prudently adds

this important Rule, That
none be admitted to the
Holy Communion, until such

Rubrick after
Confirm.

time as they be confirmed, or be ready
desirous to be confirmed: The great
reason whereof is, that she may be
satisfied, that those who promised by
their Sureties in Baptism, do renew
and confirm the Contract then made;
and that they will evermore endea-
vour themselves faithfully to observe
such things as, by their own Confession,

64 *The Rules of the Church*

they have assented unto. And still, to preserve the Dignity of the Holy Sacrament, her Ministers are obliged according to the direction of the ancient Canons, as well as our own,

Can. 26, 27. *admit no notorious Offenders, or declared Schismatics, to the Participation of it.* That this method may be more effectual, and that no unqualified Person may surreptitiously intrude, Strangers from other Parishes

Can. 28. *are not to be received to the Holy Communion; and as many as intend to be Partakers of it, shall signify their Names*

Read the Rubrick before the Commun.

to the Curate at least some time the Day before; That notorious ill Livers may be admonish'd of their

Faults, and that such as live in Malice and Hatred, and are at variance with one another, may be reconciled, and give proofs of their Repentance, before they presume to come and offer their Gifts. When Warning is given for the Celebration of the Holy Communion, the whole Congregation is put in mind of their Duty by a pathological Exhortation. And if any have such a Sense

their Sins, that they cannot quiet
 their own Consciences, they are advi-
 sed to consult their Spiritual Guides,
 and to open their Grief, that they may
 receive ghostly Counsel and Advice,
 with the benefit of Absolution. And
 then in the beginning of the Commu-
 nion-Service, the Priest that officiates
 warns before the Communicants the dan-
 ger of unworthy Receiving, and invites
 only such to approach as have the re-
 quisite Qualifications. So that if pious
 Education, if the solemn ratifying our
 baptismal Vow, if Conference with our
 spiritual Guides, if a particular Prohi-
 bition of notorious Offenders; and the
 earnest Exhortations of our Pastors, can
 secure these Holy Mysteries from being
 abused, it must be owned our Church
 has taken sufficient care to prevent it.
 Let them only consider, who neglect
 the observance of such admirable Rules,
 how they will be able to answer it at
 the Great Day; and how far they are
 guilty of those Profanations, which
 they might prevent by a due Discharge
 of what the Church requires from them,
 and which they are under such strict
 obligations to observe; and how far
 they

66 *The Rules of the Church*

they give occasion by their neglect to those Schisms, which are made up of the pretence of the scandalous Practice of that kind.

Upon this Subject I cannot forbear recommending to the Reverend Clergy with great submission, the Advice of St. Chrysostom, which he gives in his 83^d Homily on the 26th Chapter of St. Matthew's Gospel; whose Episcopal Character, as well as the great Opinion the Christian World had of his great Parts and eminent Piety, makes him very fit to be listen'd to in this particular: For he does not more earnestly press the Duty, than he does plainly assert the Authority of the Sacramental Power to effect it. *Let no Judas saith he, no Lover of Money, be present at this Table. He that is not Christ's Disciple, let him depart from it. Let no inhumane, no cruel Person, no uncompassionate Man, or who is impure, come to the Table. I speak this to you that administer, as well as to you who partake; if it is necessary I speak these things to you that you may take great care, and use your utmost diligence to distribute the Offerings aright: For your Punishment*

will be great, if knowingly you suffer any wicked Person to partake of this Table, for his Blood shall be required at your hands. Wherefore if any General, any Provincial Governour, or the Emperor himself be not worthy, repel him; for thou hast a greater Power or Authority than He.

I am sensible it may be objected, That the same Laws that oblige Persons to receive the Holy Sacrament as a Qualification for an Office, do oblige the Clergy to admit them. But then it must be considered, that the Power which Christ has invested his Church with, of admitting Persons into her Communion, and excluding them from it, no humane Laws can deprive her of. And therefore when the Laws require Men to receive this Holy Sacrament to qualifie themselves for Offices, they always suppose, that they must first qualifie themselves according to the Holy Laws of the Church, which are founded on those of the Gospel. So that it would be a great Injury to our Legislators to imagine, that if an unbaptised, or excommunicate Person, a Deist, or a notorious Sinner, should happen

68 *The manner of receiving*
happen to obtain an Office, that they
intended to oblige the Church to ad-
mit Persons under these bad Disposi-
tions to be Partakers of the Blessed Eu-
charist.

Sixtly, I shall add some Directions
as to the manner of performing this Du-
ty of Receiving the Holy Sacrament
with suitable Devotions on such Occa-
sions.

As to the Reverence of our Bodies
our outward Behaviour ought to be go-
vern'd by such measures as the Church
directs. For this Reason, as well as
because it is the humblest posture, we
must receive the Holy Sacrament up-
on our Knees; which is most proper
when we are at the same time making
our Addresses to the great Majesty of
Heaven and Earth. The ancient Chri-
stians, in the time of St. Cy-
ril of Jerusalem, receiv'd
the Consecrated Elements of
Bread into the Palm of their right
Hand, which being supported by their
left, was so carry'd to their Mouths,
that no portion of that Divine Nou-
rishment could fall to the Ground.

Catech. my-
flag. 5. §. 18.

not certain that the Church means
is, when she orders her
officers to deliver the Sa-
ment to the People into
their hands; but I think the Expres-
sion sufficiently justifies it, and there-
fore every Communicant may take the
liberty of making use of it. And as
we are to kneel or stand, as the Church
directs, so I think it is fit we should
not deviate from some devout Customs,
that are established by ancient and
general Practice, which in time come
to have the force of a Law. It is by
such Rules that a beautiful Uniformi-
ty is created in our Deportment, as
well as in our Petitions. And all our
different Postures ought to be used
with such Gravity and Seriousness, as
may demonstrate how intent we are
when engaged in this Christian Sacri-
fice; and yet without such Affectations
and Particularities as are apt to di-
sturb those that are near us, and give
occasion to others to suspect us, as
acting a formal hypocritical part. To
this end, when we put our Bodies in-
to a praying posture, with which I
think leaning and lolling seems very
incon-

Rubrick after
Consecration.

70 *The manner of receiving*

inconsistent, we should do well, whether upon our Knees, to fix our Eyes downward, that we may not be diverted by any Objects near us; at the same time resolving not to suffer them to gaze about, whereby they do but set in matter for wandering Thoughts. A farther help to this Attention, is great Silence; therefore we should never join aloud with the Minister but when it is enjoined, endeavouring to make the rest our own by a hearty Amen. The same care should be taken about those private Prayers we make at the Altar, which ought to be pronounced so softly, that they may not disturb the devotion of our Fellow-Christians that are near us. We must particularly remember, not to repeat after the Minister what peculiarly relates to his Office; which I mention thus rather, because I have frequently observed some devout People following him that officiates, in the *Exhortation* and *Absolution*, as well as the *Confession*, which if thoroughly considered, must be judged a very absurd and improper Expression of the Peoples Devotion, because a distinguishing mark of the Priest's Office.

As to the *Reverence* of our *Minds*, it ought to consist in such *Intenseness* and *Application of Thought*, as may engage our *Hearts* as well as our *Lips* in this solemn Service; in such *Fervor* of *Affection*, and in such a Measure of *Importunity*, as may shew how devout we are of the *Mercy* we request, and how highly we value and esteem that we ask for. To this end we ought with great *Attention* to accompany the *Man of God* that administers, throughout the whole Office, which is admirably framed and composed to express all those pious Dispositions and devout Affections, which well-prepared Minds ought to exercise upon such Occasions. our *Repentance* in the *Confession* and *Resolution*; our *Charity* in relieving our poor Brethren by a liberal Offering, in praying for all Conditions of Men, and in forgiving those that have offended us; our *Humility* in acknowledging our own unworthiness; our *Resolutions* of better *Obedience* in presenting our selves reasonable, holy, and lively Sacrifices unto God; our *Praises* and *Thanksgivings* in the Hymns and Devotions after the Holy Communion.

72 *The manner of receiving, &c.*

nion. And when others are communicating we may enlarge our self upon these Subjects, always taking care that our private Devotions give place to those that are publick, and that we lay aside our own Prayer when the Minister calls on us to join with him.

DEV

DEVOTIONS

FOR THE

ALTAR.

WHEN the Sermon is ended, we should endeavour as soon as we can, to compose ourselves for the devout Celebration of the Christian Sacrifice; and while the Minister is preparing himself to attend the Holy Table before the Communion Service begins, that time may be well employed in imploring God's Grace to assist us in the right Discharge of that Holy Service we are about to perform.

PRAYER to prepare our Minds for the devout Celebration of the Holy Mysteries.

Almighty God, by whose great Bounty and infinite Goodness we have now an Opportunity offered

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74 DEVOTIONS *for*

me of approaching thy Altar, and pleading before thee the prevailing Merits of the Death and Passion of thy Son Jesus Christ: I am sensible, O Lord, of my great Unworthiness to partake of this Christian Sacrifice; but the positive Command of my Blessed Saviour, when he was about to lay down his Life for our sake, has made it absolutely necessary; and the many spiritual Wants I labour under, oblige me to apply to this sovereign Remedy to repair those Breaches my sinful Follies have made in my Soul.

Assist me therefore, O Lord, with thy Holy Spirit in the Duty and Service I am about to perform; grant that nothing, during all the time of this holy Action, may make me forfeit that Reverence and Respect which I owe unto thy Divine Majesty, or that Attention which becomes the Celebration of these Holy Mysteries. Touch me with such

of thy Presence as may fix my
 undring Thoughts, compose my
 multuous Affections, stir up my
 and cold Desires, that I may feel
 Power, and taste the Sweetness
 this Divine Banquet.

That I may have such a Sense of
 Saviour's Sufferings as may fill
 Soul with Love and Gratitude
 wards him for those inestimable
 nefits he has purchased for me ;
 at I may have such a sight of my
 s which occasioned all his Sor-
 ws, as heartily to bewail and de-
 t them. Such a Faith in that
 perfect Oblation and Satisfaction
 de upon the Cross for the Sins of
 e World, that I may so importu-
 tely plead the Merit of it in this
 mmemoration of that Sacrifice,
 to render thee gracious and pro-
 ous to me a miserable Sinner.
 cha Conviction of my own Weak-
 ss and Insufficiency, as may pro-
 re thy gracious Aid and Assistance.

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Such longing Desires of being made conformable to thy holy Will and Pleasure, as may transform me into thy Divine Image, and fix me to continue thy faithful Servant all the remaining Days of my Life.

I profess, O Lord, a firm and vigorous Resolution to resist all impertinent Thoughts or wicked Suggestions that may any ways oppose my holy purposes; I will never consent to them; my sincere Design is to offer thee a Sacrifice of Praise and Thanksgiving; to love and adore thee as the God of my Life, as my Portion which I have chose in the Land of the Living, and which I humbly beg may be my Happiness to all Eternity, thro' the Merits of Jesus Christ my Saviour. *Amen.*

The Communion Service begins with some *Sentences* collected out of the Holy Scriptures proper for the Occasion which do with great energy enforce the Duty of *Charity*, which we are called up

on to exercise at this time. The
 oblations of the Primitive Christians
 ere upon such Occasions offered in
 ch great abundance, that their Cler-
 were thereby liberally maintained,
 d all Necessaries provided for Divine
 ministrations, as well as for the Re-
 ef of the Poor; but now that a stated
 maintenance is settled upon those that
 ait at the Altar, these Collections
 e particularly applied to the Support
 the Neceflitous; not but that the
 iftribution belongs to the Minister,
 ho may share in it himself if his Wants
 quire it. The Apostle advises, that
 efe Collections be made
 every Lord's-Day, and 1 Cor. 16. 1, 2.
 om his Authority the Church invites
 to give Alms so often, whether there
 e a Communion or no; but this Apo-
 olical Custom of weekly Collections
 now generally omitted, and wholly
 id aside. It would be well indeed,
 a means could be found out to re-
 ve them, that such Oblations might
 accompany all our solemn Services up-
 n the Lord's Day.

Till then we should be more liberal
 n the Performance of our Alms-deeds

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at the Altar, to which the following Sentences exhort us both from Command and Example; by shewing how reasonable it is in it self, how acceptable to God, and how profitable to us both in this Life and the next; representing to us the great Sin, as well as Danger of omitting it. They farther instruct us in the Objects that are to be supported by our Oblations, which are the Clergy, and all the Poor, especially the Christians; in the measures of it, Liberality and Chearfulness; and lay down the End we ought to propose to our selves, which is the Glory of God. All these Sentences are read by the Minister during the Collection, with such a pause generally between each Text that the Communicants have leisure to make a short Meditation upon each of them, of which I shall give an Example for the Assistance of those that want such Helps.

I. *Let your Light so shine before Men, that they may see your good works, and glorifie your Father which is in Heaven, Mat. 5. 16.*

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Grant, O God, that I may set that Example of Charity to my Neighbour which thou requirest, that it may redound to thy Honour and Glory, from whom I receive the Power to do any thing that is good, and that by such visible effects of thy Grace, my Neighbour may be attracted to know and love thee.

2. *Lay not up for your selves Treasure upon Earth, where the moth and rust doth corrupt, and where Thieves break through and steal; but lay up for your selves Treasures in Heaven, where neither rust nor moth doth corrupt, and where Thieves do not break through and steal, St. Mat. 6. 19, 20.*

I renounce, O Lord, all inordinate Affections to the things of this World, which are fading in their Nature, and liable to innumerable Accidents. I will fix my Mind upon the Enjoyments of thy Kingdom, which are everlasting, and prepare

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my self for them, by doing good to the Souls and Bodies of Men.

3. *Whatsoever ye would that men should do unto you, even so do unto them, for this is the Law and the Prophets, St. Mat. 7. 12.*

Let this golden Rule, O Lord govern all my Actions; let me relieve the Necessities of my Fellow Christians, because I should expect Support if I were in their Circumstances: This is moreover the best Expression of my Love to him wherein thou hast made so great part of Religion to consist.

4. *Not every one that saith unto me, Lord, Lord, shall enter into the Kingdom of Heaven, but he that doeth the Will of my Father which is in Heaven, St. Mat. 7. 21.*

We are happy upon any terms O Blessed Jesus, to be admitted into thy Kingdom; the belief of thy holy Doctrine shall appear in my Life and Conversation, and I will use all

the means of Grace thou hast established, in order to purifie my corrupt Nature, and to enable me to do the Will of thy heavenly Father.

5. *Zaccheus stood forth, and said unto the Lord, Behold, Lord, the half of my goods I give to the poor, and I have done any wrong to any Man, restore fourfold, St. Luke 19. 8.*

I am resolved, O Lord, to perfect my Repentance, by restoring to the right Owner whatever I unjustly possess, by making satisfaction to those I have any ways wronged, and by shewing Mercy to the Poor, which will entitle me to thy Mercy, O Lord, when I stand most in need of it.

6. *Who goeth to warfare at any time at his own charge? who planteth a Vineyard, and eateth not of the fruit thereof? who feedeth a Flock, and eateth not of the milk of the flock? 1 Cor. 9. 7.*

May thy Officers, O Lord, in their
E 5 spiritual

82 DEVOTIONS *for*

spiritual Warfare, be always supported, may the Husbandmen of the Vineyard be plentifully rewarded and may the Pastors of thy Flock receive abundant recompence for their Care and Pains.

7. If we have sown unto you spiritual things, is it a great matter we shall reap your worldly things
1 Cor. 9. 11.

Grant that I may always reverence thy Priests, because they have a peculiar relation to thee; that they may sincerely love them, and cheerfully provide for their Maintenance because of those great benefits I receive from their Administrations.

8. Do you not know, that they who minister about holy things, live of the Sacrifice, and they who wait at the Altar, are partakers with the Altar even so hath the Lord ordained, that they who preach the Gospel should live of the Gospel, 1 Cor. 9. 13, 14.

Under the legal Dispensation thou

didst

didst particularly, O Lord, provide for thy *Holy Ones*. Under the Gospel thou hast declared *Thy Labourers worthy of their Hire*. Let me religiously observe what thou hast ordained, that I may never deprive them of their just Rights by any Sacrilegious Encroachments, but be ready always to contribute to their comfortable Subsistence.

9. *He that soweth little, shall reap little, and he that soweth plenteously shall reap plenteously: Let every one do according as he is disposed in his Heart, not grudgingly, or of necessity; for God loveth a chearful giver,* 2 Cor. 9. 6, 7.

In my Distributions to thy Ministers, and to the poor Members of thy Body, let, O Lord, the willingness of my Mind, and the largeness of the Gift, recommend the Offering; that I may never confine myself to the narrowest measures, but rather exercise Self-denial in order

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to relieve them; for thy Bounty which suffers not the least Service to lose its reward, will more abundantly recompence our larger Charities.

10. *Let him that is taught in the Word, minister unto him that teacheth in all good things: Be not deceived, God is not mocked, for whatsoever a Man soweth, that shall he reap, Gal. 6. 6, 7.*

Thou hast, O Lord, rejoiced the heart of thy Servant, with the knowledge of thy heavenly Truth; as I desire to render praise to thy Goodness for this great Blessing, so I desire to be thankful to the Instruments of this thy Favour, that their Lives may be made easie and comfortable, whom thou hast ordained for Men in things pertaining to thy self.

11. *While we have time, let us do good unto all men, especially unto them who are of the Household of Faith, Gal. 6. 10.*

Make

Make me, O Lord, ready to embrace all occasions of doing good to all Men, because they are thy Creatures; but let the Members of the same Body, all necessitous Christians particularly, share in my Beneficence; for they are the peculiar Objects of thy Mercy and Tenderneſs.

12. *Godlineſs is great Riches, if a Man be content with that he hath; for we brought nothing into the world, neither may we carry any thing out,* Tim. 6. 6, 7.

Our Happineſs, O Lord, conſiſts not in our abundance, but in the diſcharge of a good Conſcience towards God and Man, and in ſubmiſſion to thy holy Will. Let that be my care, which will laſt for ever, and not the perishing things of this Life, which Death will certainly ſtrip me of.

13. *Charge them who are rich in this world, that they be ready to give, and glad to diſtribute; laying up in ſtore for themſelves a good foundation*

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*foundation against the time to come
that they may attain eternal Life*
2 Tim. 6. 17, 18, 19.

O my God, as I enjoy large effects
of thy Bounty, so grant that I may
rejoice the heart of my poor Neigh-
bours, by a plentiful distribution
this will make my Wealth a true
Blessing in this World, and through
thy infinite Mercy secure the Hap-
piness of the next.

14. *God is not unrighteous, that
he will forget your works and labour
that proceedeth of Love, which Love
you have shewed for his Name's sake,
who have ministred unto the Saints
and yet do minister, Heb. 6. 10.*

There is no Merit in our best
Works, O Lord, but we hope for a
Reward from thy Goodness which
hath promised, and from thy Truth
which will perform it. Let but
Love animate our Offerings, and
we are assured thou wilt cast a fa-
vourable Eye towards them.

15. To

15. *To do good, and to distribute, forget not, for with such Sacrifices God is well pleased, Heb. 13. 16.*

Do I know Sacrifices, O my God, that will please thee, and shall I not offer them? Oh how happy dost thou make thy poor Creatures, in putting it into their power to do any thing that is acceptable to thee! I will readily catch at every Opportunity of doing good to the Souls and Bodies of Men, for therein is thy delight.

16. *Whoso hath this world's goods, and seeth his Brother have need, and shutteth up his Bowels from him, how dwelleth the Love of God in him? 1 St. John 3. 17.*

In vain I pretend to love thee, O my God, if my necessitous Brother finds not the effects of it. Thy Providence has made him the Object of my Charity, and thou hast thereby consulted my greater good, in giving me thereby an occasion to testifie the truth of my Love towards thee.

17. *Give*

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17. *Give Alms of thy Goods, and never turn thy Face from any poor Man, and then the face of the Lord shall not be turned from thee, Tobit 4. 7.*

I am undone, O Lord, except thou lookest upon me with an Eye of Mercy; therefore I will regard the Cry of the Poor, because the Merciful shall obtain Mercy.

18. *Be merciful after thy power; if thou hast much, give plenteously; if thou hast little, do thy diligence gladly to give of that little; for so gatherest thou a good reward in the day of necessity, Tob. 4. 8, 9.*

'Tis fit, O Lord, that thou who givest me all, should'st be acknowledged with a proportionable share; and yet so great is thy Goodness, that thou rewardest the small returns we are able to make with comfort and support in the day of necessity, and in the hour of death.

19. *He that bath pity on the poor, lendeth*

*lendeth to the Lord; and look what
he layeth out, it shall be paid him
again, Prov. 19. 17.*

What hast thou not done, O Lord,
to provoke me to good works; thou
condescendest to be a Debtor to thine
own Creatures, and I should be just-
ly counted worse than a Brute, could
I refuse to lend upon such advan-
tageous terms.

*20. Blessed is the Man that pro-
videth for the Sick and Needy, the
Lord shall deliver him in the time of
Trouble, Psal. 41. 1.*

'Tis thy Blessing, O Lord, alone
that can make us happy; let me ne-
ver be so much wanting to my self,
as to neglect those means thou hast
prescribed in order to attain it.

While the Minister reads these Ex-
hortations to Charity, the Communi-
cants make their Offerings, which
ought to be done with a short Prayer
for God's Acceptance.

A PRAY-

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A PRAYER *when we offer our*
Alms.

I Acknowledge, O Lord, that all I possess is the effect of thy Bounty; it is from thee I have received it, and to thy Holy Name be the Glory. Accept of this Free-will Offering of my Hands, as a Testimony of thy Right to all I enjoy and as an Exercise of that Love and Charity to my necessitous Brethren which thou requirest, and art pleased to take as done to thy self. O my God, I am resolved to prefer my Duty before any temporal Satisfaction, because thy Favour is better than Life; I will dedicate a part of those good things thou hast bestowed upon me to relieve the Poor because thou hast made it an Evidence of my Love to thee. And grant that all my Alms-deeds may be performed with such Purity and Inten-

tion of Mind, and with such a Proportion to what thou hast given me, that they may be acceptable in thy sight, thro' the Merits of Jesus Christ my Lord and Saviour. *Amen.*

When the *Offertory* is finished, the *Priest* desires God to accept of our Alms, and of those Oblations of Bread and Wine which he is now about to consecrate, whereby they may become to us the Body and Blood of Christ; in which we are to join with the greater Fer-vour, because we are so particularly concerned in the Acceptance of the Holy Gifts. And at this time it is that we exercise another sort of Charity, by offering up our Intercessions for the Church Militant, for all Estates and Conditions of Men, that God would be pleased to hear us for them, by virtue of the Sacrifice of his Son which we are about to commemorate. And we now thank God for all his Servants departed this Life in his Faith and Fear, because it is by virtue of the same Sacrifice they will obtain their perfect Consummation and Bliss. How conformable this is to the Practice of the Ancient Church, is well known

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known to those who are skilled in Ecclesiastical History.

While the *Priest* says the *Exhortation* and the *Invitation*, we should stand with great Reverence, and attend to those Advantages which he declares to be the Portion of worthy Communicants, and comfort our selves with our pious Resolutions against the Dangers those incur that receive unworthily; and at the same time look inward upon our selves, to see how far we come up to the Qualifications of those that are invited to draw nigh, and to receive with Comfort.

We must make our *Confession*, which follows next, in the humblest Posture of kneeling, repeating the Words after the Minister with great Sorrow of Heart for the many heinous Offences we have been guilty of, and must be sure that the inward Sense of our Minds answer the Propriety of those Expressions which the Church puts into our Mouths, that while we draw near unto God with our Lips, our Hearts may not be far from him.

When the *Absolution* is pronounced, we must keep our selves in great Silence; and in an humble Posture, while

we

we are receiving so great a Blessing. For here we must not repeat the Words after the Minister, because it is a peculiar part of the Priestly Office to absolve. It is in some Places the Custom to pronounce an *Amen* in a low tone, after every Sentence of the Absolution; however we must be sure at the end of it, to offer up an hearty *Amen*, that God would be pleased to confirm in Heaven what he has given his Ministers Authority to pronounce on Earth.

After the *Absolution*, the Church has provided us with some choice Portions of Scripture, to beget in us a lively Faith and firm Persuasion of God's Mercy and Forgiveness towards penitent Sinners, to the end that their Hopes may be revived, and that the Comfort of the Absolution may be confirmed to them.

They are generally read with so great a Pause between them, that the Communicants may have leisure to make some short Reflections upon them, which may be done in the following manner.

Come unto me all that travel and are heavy laden, and I will refresh you, St. Mat. 11. 28.

In

94 DEVOTIONS for

In Obedience to thy Call, O Blessed Jesus, I approach unto thee ! must confess the Sense of my many and great Follies oppress me and cover me with Confusion ; but thy Pardon and Forgiveness will restore Joy and Gladness to my Soul.

So God loved the World, that he gave his only begotten Son, that all that believe in him should not perish but have everlasting Life, St. John 3. 16.

No greater Evidence of thy Love O Lord, can be desired than the Sacrifice of thy Son ; O ! qualify my Soul to receive the Benefit of it by a firm and immoveable Faith in the Merit of his Death, that I may escape those Punishments my Sins deserve, and obtain that Salvation thou hast graciously promised.

This is a true Saying, and worthy of all Men to be received, that Christ Jesus came into the World to save Sinners, 1 Tim. 1. 15.

A most blessed and joyful Truth which

which I will firmly believe, because
revealed from above. Thou, O Blef-
ed Jesus, wert made manifest to
destroy the Works of the Devil, and
release me from the Punishment
due to my Sins; let my true Re-
pentance make me a fit Object of
thy Mercy, and then, even my Sins
shall not deprive me of the Hopes
of thy Favour.

*If any Man sin we have an Ad-
ocate with the Father, Jesus Christ
the Righteous, and he is the Propiti-
ation for our Sins, 1 St. John 2. 1.*

Blessed God! who hast not left
us without a Remedy, when our
spiritual Enemies prevail against us;
we will not despair of thy Mercy,
since the immaculate Jesus inter-
cedes for me: Let the Merit of his
sufferings plead for the Acceptance
of my penitential Sorrow, and con-
vey to me Strength and Power to
serve thee better for the time to
come.

We

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We have been hitherto employed hearing our Duty, exercising our Charity, professing our Repentance, and strengthening our Faith in the Goodness of God. We are now called up to praise him, and to *lift up our Hearts to him*; which made so constant a part of this solemn Service, that all the ancient Liturgies agree in this Form which our Church retains. And indeed when our Consciences are eased by *Repentance*, and quieted by *Pardon*, we have great reason joyfully to acknowledge the Bounty of our Benefactor. And this *Exhortation* had not only a respect to the Duty of Praise but seems to require the dismissing of all worldly Thoughts, that we may the better fix our Minds upon the Holy Mysteries. It is the Christians *Holy age*, that calls them to attend with great Seriousness and Devotion upon the solemn Service they are engaged in; and therefore we must take care when we declare with our Lips, that we *lift up our Hearts to the Lord*, that we be sincere in our Profession. Then follows the *Address*, which consists in an acknowledgment of our own unworthiness.

ness to approach God's Table, and
 imploring his Divine Assistance. Af-
 ter this comes the Prayer of *Consecra-*
tion, the most ancient and essential
 part of this Eucharistical Worship, be-
 cause it is by the *Prayer* and *Autho-*
ty of God's lawful Minister, that the
offerings of *Bread* and *Wine* become to us
symbols of the *Body* and *Blood* of Christ.
 We ought now with great Devotion to
 in in those Petitions the Priest offers
 to the end that the Elements of Bread
 and Wine may be invigorated with the
 Divine Virtue of Christ's Body and
 Blood. We should attend to the Actions
 breaking the Bread, and pouring out
 the Wine, with proper Meditations; and
 when the Consecration is finished, it
 will be very fit to express our Admira-
 tion and Thankfulness for the Divine
 nourishment provided for us.

PRAYER *immediately after*
Consecration.

A Ccept, O Eternal God, of that
 Representation we make be-
 fore thee of that All-sufficient Sa-
 crifice

98 DEVOTIONS *for*

crifice which thy Son, our Saviour Jesus Christ made upon the Cross. Let the Merit of it plead effectually for the Pardon and Forgiveness of all my Sins, and render thee favourable and propitious to me, miserable Sinner; Let the Power of it prevail against all the Power of Darkness; Let the Wisdom of it make me wise unto Salvation, and let the Peace of it reconcile me to thee, and bring to me Peace of Conscience.

I adore thee, O Blessed Jesus, my Redeemer, who didst endure the painful and shameful Death of the Cross to recover me from a state of Sin and Misery; I admire thine infinite Condescension, who wert pleased to be made miserable, that I might be made happy; poor, that I might be enriched; and didst die, that I might live for ever. With all my Soul, dear Jesus, I love and praise thee for these stupendous Expressions of thy

ounty and Goodness towards me ;
Lamb of God, that takest away
the Sins of the World, have Mercy
on me ; O Lamb of God, that
keest away the Sins of the World,
grant me thy Peace. *Amen, Lord*
Jesus, Amen.

PRAYER *before Receiving*
the Consecrated Bread.

consisting of Confession, and imploring
Pardon.

I.

Almighty and Everlasting Go
I desire to humble my self
before thee, under the Sense of
many and heinous Sins which I
am guilty of against thy Divin
ity, in Thought, Word, and
Deed. I confess with Sorrow an
infection of Face, that I have
neglected the Duties of
Prayer, which is the great and in

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stant Concern of my Life; and when I have performed them, I have exercised that Fervour of Spirit, the Intensity of Mind, which such holy Services require from me.

I have not been sufficiently thankful for the continued effects of thy Goodness and Bounty towards me: neither have I received the afflictive Dispensations of thy Providence with that Patience and Submission which is due to that infinite Wisdom from whence they proceed.

I have not preserved such a Sense of my Follies and Infirmities, as ought to have inspired a mean and low Opinion of my self, and to have made me ready to condescend to the lowest Offices for the Service of my fellow Christians.

I have not set a sufficient Guard to my Senses, so that my Eyes have been instrumental in leading and polluting my Soul: I have even the Comforts and Convenience

the ALTAR. IOF

encies of Life have been made a
are, by indulging Pleasure more
than that End and Design for which
they were bestowed.

I have had a greater regard to
the Fashion and Custom of the
World, than to that Sincerity which
thou requirest in all my Conver-
sation.

I have too often impaired the
Credit and Reputation of my Neigh-
bour, by discovering his Faults and
Infirmities, and have too easily li-
sten'd to those Slanders against him
which bad Men have suggested.

I have not embraced all those Oc-
casions thou hast offered me, of do-
ing good to the Souls and Bodies of
my fellow Christians, neither have
I discharged with due Care those re-
spective Offices in the station wherein
thy Providence has placed me.

II.

I am astonished, O Lord, at my
pollish Rashness, when I reflect upon

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that Dread Majesty which I have
provoked :

I detest and abhor my Ingratitude
when I consider the infinite Kind-
ness of that bountiful Father which
I have offended ;

I condemn and accuse my unac-
countable Stupidity, when I recollect
that miserable Slavery and Bondage
which I have preferred before the
perfect Freedom of thy Service.

I abhor my self in Dust and Ashes
and if thou, O Lord, hadst dealt with
me according to my deserving, in-
stead of approaching thy Altar with
hopes of Acceptance, I might have
been spending a sad Eternity, under
remediless Pains and Misery.

But there is Forgiveness with
thee, that thou may'st be feared
and thou hast declared thy Mercy
above all thy Works.

The inestimable Sacrifice of thy
Son, which thou hast provided for
us, sufficiently assures me of thy
readiness

readiness to admit me to terms of
peace and Reconciliation.

Oh let thy infinite Mercy and
Compassion receive me in the Qua-
lity of a penitent Supplicant, whom
thy great Patience has born with as
a Sinner.

I am heartily sorry I have offend-
ed thee ; I detest my Sins, because
they are displeasing to thee, who
art infinite Goodness.

I am resolved, by the Assistance
of thy Grace, to return no more to
Folly, to avoid all occasions of Evil,
and to live better for the time to
come.

I intreat thee therefore, by the
Merits of thy Son's Blood, the Price
of my Redemption, that thou wouldst
be pleased to release me from the
Guilt of all my Sins :

Let that immaculate and pure Sa-
crifice, which he offered upon the
Cross, and which by thy good Pro-
vidence I now commemorate, be

F 4 effectual

104 DEVOTIONS *for*
effectual for my Pardon and For-
giveness.

I know my many and great Sins
are just matter of Fear and Dejection
of Spirit, but I will hope in thy
Mercies, which are boundless and
infinite.

The Sense of my own unworthi-
ness would sink me into Despair, did
I not reflect upon thine infinite Good-
ness, and that precious Blood which
was shed to purchase Redemption
for me.

III.

Thus supported, O Lord, I ap-
proach this Christian Sacrifice ;

I come as a sick Man to the great
Physician of Life, I beseech thee, O
Lord, to cure my Infirmities ;

I come as a polluted Wretch to the
Fountain of Mercy, wash away, I in-
treat thee, all my Uncleaness :

I come as a returning prodigal
Child to his tender and compassio-
nate Father, O receive me, and re-
lieve

For give me, and revive me by thy Fa-
vour.

Sin I come as a blind Man to the
source of eternal Brightness, do
thou, O Lord, enlighten my Dark-
ness, that I may behold the won-
derous things of thy Law.

hi I come as a poor frail Creature to
the great Lord of Heaven and Earth,
supply my Wants, and do abundant-
ly more for me than I am able to ask
or think.

Let me not only receive the out-
ward and visible Signs, but the in-
ward and spiritual Grace, the Body
and Blood of thy Son Jesus Christ ;

eat That so all carnal Affections may
O lie in me, and that all things be-
longing to the Spirit may live and
grow in me ;

he That I may have Power and
Strength to have Victory, and to
triumph against the World, the
Flesh, and the Devil :

And also may be endued with all

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such heavenly Vertues, which are
pleasing to thee, and which thou
wilt eternally reward, for the Merit
of thy Son's Death, to whom with
the Father and the Holy Ghost, be
all Honour and Glory, World without
end. *Amen.*

*Another PRAYER before receiving
the Consecrated Bread.*

*Consisting of Petitions for the Virtues
of a Christian Life.*

I.

MOST merciful and gracious
God, who of thy great Good-
ness didst give thy Son Jesus Christ
to take upon him our Nature, and
to humble himself to Death, even
the Death of the Cross;

I beseech thee by his infinite Con-
descension, by his perfect Obedience
and by his meritorious Sufferings
not only to pardon my past Sin

but to endue me with Power and Strength to resist them for the time to come.

Let the Virtue of these holy My-
steries replenish me with such super-
natural Gifts and Graces of thy Ho-
ly Spirit, as may enable me not only
to act conformable to the Light of
my own Mind, but may make me
readily obey thy heavenly Motions,
and constantly follow the Suggesti-
ons of thy Holy Inspiration.

Give me a *zealous Sense* of Piety
towards thee, my loving Lord and
Sovereign, and to all thy sacred and
divine Mysteries :

Let me reverence thy Word and
Worship, and all Things and Per-
sons dedicated and devoted to thy
peculiar Service.

Let me submit to all the Affli-
ctions thou shalt think fit to lay upon
me with Patience and with Meekness.

Let me trust to thy Providence
to supply me under all Dangers and
Necessities ;

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And let me thankfully acknowledge thy Bounty for all those good things which thou so freely hast bestowed upon me.

II.

Give me, O Lord, that *divine Wisdom* which proposes the pleasing thee, as the End and Aim of all my Actions, and which directs to all those means which thou hast graciously established for the working out my Salvation;

That my precious time may not be employed in hunting after Trifles, that my natural Talents may not be buried and drowned in brutish Sensuality, that my Study may not be Vanity, nor my Labour Folly,

But that framing a right Judgment in all things, I may fix my Mind upon those Pleasures which are at thy right Hand, which are permanent and durable;

And that the great Care and Business of my Life may be to obtain thy Favour, who art the sovereign

Good

Good of my Soul, and the satisfy-
ing Center of all my Desires.

To this end inure me to spiritu-
al Objects by constant and fervent
Prayer, by entertaining my Thoughts
with pious Meditations, by reading
and hearing thy Holy Word with
Reverence and Attention, and by
frequently approaching thy Altars
with Humility and Devotion ;

And above all, let a constant Fear
of offending my good God put me
upon my Guard, and make me watch-
ful amidst those imminent Dangers
that surround me in this my Pil-
grimage on Earth.

Thou, O Lord, who resistest the
Proud, and givest Grace to the Low-
ly, endue me with the Vertue of
true Humility, the Model of which
thy only Son traced out for the Pra-
ctice of the Faithful ;

That I may have a just Sense of
all my Weaknesses and Follies, and
may readily submit to the meanest
Offices

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Offices for the Welfare and Benefit
of my Fellow Christians ;

That I may restrain all immoderate Desires of Honour, by doing nothing thro' Strife or Vain-Glory,

And that I may never exalt myself upon the account of any Advantage I enjoy of Body or Mind above others, by remembering that it is not the effect of my Merit, but of thy infinite Goodness and distinguishing Mercy.

O ! deliver me from the Slavery and Dominion of Pride, which threw Angels from Heaven, and drove Man out of Paradise, which produces so much Evil and Torment wherever it resides, and which, above all, is so hateful in thy sight.

III.

Grant, O Lord, that I may love thee above all things, who art infinitely perfect in thy own Nature ;

That I may desire thee above all things, who art full of Mercy and
Compassion

Compassion towards the Children of Men :

Whom is there in Heaven but thee ? and whom upon Earth that I can desire in comparison of thee ? As the Heart thirsteth after the Water-Brooks, so let my Soul long after thee, O God.

Let the Allurements of the World, and the Enjoyments of Sense appear as trifling Entertainments, in comparison of the Pleasure and Happiness of serving thee and doing good.

Let the Difficulties and Dangers which I meet with in the way of my Duty, be so far from discouraging me, that they may raise my Spirits, increase my Resolution, and serve only to make the Pleasure of loving thee more intense and perfect.

Let the divine Flame of thy Love burn so bright in my Soul, that it may free my Mind from all vile Affections, and influence all my Actions with a careful Observance of thy
Holy

112 DEVOTIONS *for*

Holy Laws, and farther evidence its Sincerity by diligently consulting the Temporal and Spiritual Happiness of my Neighbour.

O! let it suppress all the bitter Effects of Envy, that I may compassionate his Misfortunes, and rejoice in all the good things thou art pleased to bestow upon him ;

That I may be tender of his Reputation, and never expose it by rash Censures, nor diminish it by the relation of his real Infirmities ;

That I may guard my Heart from secretly repining at his Prosperity, or triumphing in his Calamity ;

That I may set a Watch upon the Door of my Lips, that I may speak no Evil concerning him, nor utter any Words of detraction.

That it may quiet and appease the furious boiling of Anger in my Mind, by making me patient and meek under all Provocations, by disposing me to forgive Offences and

to return Silence to all injurious
Treatment.

That it may conquer worldly
Grief which worketh Death, by a
comfortable Expectation of future
Happiness :

That it may expel Malice by do-
ing Good, that it may strengthen
my Weakness by Fortitude, cure my
Despair by Hope, my Listlessness by
spiritual Exercises,

And restrain the Wandrings of my
Mind towards unlawful things, by
being stedfast and unmoveable in
the Work of the Lord.

IV.

Give me, O Lord, a *sober Absti-
nence*, that I may know how to a-
void and how to want :

That my fleshly Appetites may
be kept under strict Government,
since the indulging of them by our
first Parents brought Death into the
World :

That they may always observe
their

114 DEVOTIONS *for*

their due bounds by administering to the Necessities of Life, and never support and encourage Luxury which is boundless and infinite which brings forth Scurrility and Immodesty, which depresses the Soul, and renders it unapt for spiritual Enjoyments.

Make me so mindful of that strict Account I must give of all my Actions at the dreadful Tribunal Seat, that it may mortifie all Inclinations, and Temptations to sinful Pleasures.

And stir me up to Zeal and Diligence in performing all those things which are acceptable in thy sight.

In order to attain these blessed Ends, O Lord, I approach thy Holy Table, that I may grow in Grace and may be enabled to imitate the suffering Virtues of the crucified Jesus.

Grant therefore, most merciful God, that the receiving the Symbols of his Body and Blood, which

I am

I am about to partake of, may by the Grace and Efficacy of his Spirit, conform me to his divine Image; and make me steadfast in serving thee, till thou takest me finally to enjoy thee, through Jesus Christ my Blessed Saviour and Redeemer. *Amen.*

The foregoing Prayers may be used in our Pews before we go up to the Communion Table. When the Communicants are but few, and we have not time to enlarge our Devotions, we may comprehend the devout Affections of a worthy Receiver in the following shorter Prayer.

*A PRAYER before Receiving the
Consecrated Elements.*

MOST gracious God, who of thy infinite Mercy hast given thy Son Jesus Christ to be our great High-Priest, and the Bishop of our Souls, who did offer up himself

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self to thee a pure and immaculate Sacrifice upon the Cross for us miserable Sinners, who has given us his Flesh to eat, and his Blood to drink, in a mystical manner ; and hast assured us by thy holy Spirit, that as often as we eat that Bread, and drink that Cup, we shew forth the Lord's Death till his coming again.

I humbly beseech thee therefore by the Merits of his Blood, the great Price of our Redemption ;

I intreat thee by his wonderful and ineffable Charity, wherewith he has vouchsafed to love us unworthy Creatures, at so great a rate, that thou would'st be pleased to wash me in his Blood from all my Sins, which make me unworthy to partake of these holy Mysteries :

Let my Repentance be hearty and sincere, and express it self in all the Circumstances of holy Obedience for the time to come ;

Thou

the ALTAR. 117

Thou alone out of an unclean thing canst bring a clean, of a wretched Sinner make me therefore holy and righteous.

Thou art the Fountain of Mercy, shut not up thy Bowels of Compassion towards me.

Thou art the great Physician of Souls, display thy Power in my Health and Recovery.

Let me approach thy Holy Table with Reverence and Devotion, that no vile Affections may hinder me from receiving the Benefits of this divine Nourishment.

Let me celebrate this Christian Sacrifice with Purity of Heart, and a right Intention of Mind, that I may obtain all those Advantages, for which thou wert graciously pleased to establish it.

Let me entirely resign my Soul and Body to be a reasonable, holy, and lively Sacrifice unto thee; for thou hast the justest Claim to me,
since

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since the Blessed Jesus has purchased me at the Price of his own Blood.

Grant, O Lord, that I may constantly endeavour to make some Proficiency in all the Virtues of the Christian Life; because the Blessed Jesus has obtained for me, by the Merits of his Sufferings, the Grace and Assistance of thy Holy Spirit to work in me both to will and to do thy good Pleasure.

Make me ready to be reconciled to all those that have offended me because when we were Enemies we were reconciled to God by the Death of his Son:

Let me embrace all my poor Brethren with sincere Love and Charity, and contribute all I can to the relief of Christ's distressed Members because he thought not his Life too dear, nor his Blood too precious to redeem me from a state of Bondage and Slavery.

Strengthen

Strengthen me, O Lord, in such manner by this spiritual Food, that I may successfully encounter all the Attacks of my Spiritual Enemies ;

Suppress in me the Spirit of Pride and vain Glory, of Envy and Detraction, of Uncleanneſs and Intemperance, or of any Diſtruſt and Diſſidence of thy Mercy ;

May all Temptations to theſe Offences againſt thy Holy Laws be overcome by that Power which thou haſt be pleaſed to communicate to me in this Holy Sacrament ;

And may all thoſe Evils which the Craft and Subtilty of the Devil, or Man worketh againſt me, be brought to nought :

That, being outwardly and inwardly fortified by the Aſſiſtance of thy Grace, I may preſs towards the Mark for the Prize of the High Calling of God in Chriſt Jeſus ; when I ſhall enjoy thee no longer
in

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in Mystery, which is our Lot and Portion here below, but see the Face to Face, and be eternally satisfied with the Pleasures of thy Kingdom, in and through the Merits of Jesus Christ our only Mediator and Advocate. *Amen.*

When the Priest approaches to deliver the Consecrated Bread.

COME, O Lord! and make no long tarrying, O my God!

I am not worthy thou shouldst enter under my Roof; but, Lord be merciful to me a Sinner.

I long for thy Salvation, O! satisfy me with thy Likeness,

I open my Heart to thee, O! come unto me, and abide with me, and powerfully support me in all Trials and Temptations, when I most need thy Help. *Amen.*

A PRAYER

PRAYER *after Receiving the
Consecrated Bread.*

Blessed be thy Holy Name, O
Lord Jesus, for this thy inesti-
mable Gift, for this Comfort thou
hast left me in this Vale of Tears;

As long as I live will I praise
thee; as long as I have any being,
will most thankfully acknowledge
thy Bounty and Goodness to
the Children of Men.

Thou hast given me thy precious
Body to be the Food of my Soul, be-
hold I offer to thee my Body and Soul,
make them fit for thy Service.

Let this divine Food repair in me
whatever has been decayed by the
lusts of the Flesh, or the Wiles of
Satan;

That my Understanding may be
exercised in the Knowledge of Thee,
and the Contemplation of thy divine
truths, which are alone able to

G make

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make me wise unto Salvation ;

That my Will may chuse and desire thee above all things, who art the chiefest Good, the most desirable Portion of Immortal Souls ;

That my Affections may be entirely fix'd on thee, who art only amiable, and the Center of Eternal Satisfaction.

I will love thee, O Lord, because thou art infinitely Good, and thy Mercy endureth for ever ;

I will love thee, O Lord, because thou didst create me after thy own Image, capable of loving thee, and enjoying thee eternally ;

I will love thee, O Lord, because when I had lost and undone my self thou didst die to redeem me ;

I will love thee, O Lord, because thou art only worthy of my Love, thou only canst fill and satisfy my Soul.

Be thou therefore my Hope and Confidence, and let all my Trust be placed in thee ;

Be thou my Riches and Delight,
and let all my Joy and Contentment
rest in thee ;

Be thou my Peace and Refuge,
and let my Pleasure and Safety de-
pend on thee.

Be thou my Portion and greatest
Treasure, and let my Eternal Hap-
piness be fix'd in the Enjoyment of
thee. *Amen, Lord Jesus, Amen.*

*When the Priest approaches to
delizier the Consecrated Wine.*

Will receive the Cup of Salvation,
and call upon the Name of the
Lord ;

I will ratifie my Vows with this
Blood of the New Covenant, and
engage my self, O God, to be eter-
nally thine :

Satisfie my thirsty Soul with good
things, and let this Communion of
the Blood of Christ put more Glad-

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ness into my Heart, than Wine and
Oil when they increase.

*A PRAYER after Receiving the
Consecrated Wine.*

Blessing and Honour, Glory and
Power be unto him that sitteth
on the Throne, and unto the Lamb
that was slain, for ever and ever.

I give thee most humble and hearty
Thanks, O Lord, from the bot-
tom of my Soul, that thou hast been
pleased to admit me at this time to
the Participation of these holy and
desirable Mysteries;

That thou hast vouchsafed to feed
me a Sinner, thy unworthy Servant
with the spiritual Nourishment of
the Body and Blood of thy Son Je-
sus Christ; and this not for any Mer-
its of my own, but for the sake of
thy infinite Goodness and Mercy.

Unworthy though I am, yet thy
Bounty, O Lord, never fails; thy

Love

Love of my Saviour is not diminished, and the Virtue of his Propitiation is never exhausted ;

Grant therefore, I beseech thee, that this Holy Sacrament may never turn to my Judgment and Condemnation,

But that it may be Health and Recovery under all my Weaknesses and Infirmities,

Safety and Defence against all the Attacks of my Spiritual Enemies,

Vigour and Strength to all my holy Purposes and Resolutions,

Comfort and Support under all the Afflictions and Calamities of Life,

Assistance and Direction under all Difficulties and Doubts,

Courage and Constancy under all Dangers and Persecutions, especially in times of Sickness, and at the hour of Death ;

Finally, let it procure for me Pardon and Forgiveness in this Life, Mercy and Favour at the Day of

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Judgment, and a never-fading Crown of Glory in thy heavenly Kingdom where with thy Son Jesus Christ and the Blessed Spirit, thou livest and reignest, one God, World without end. *Amen.*

Having finished those Devotions that relate to our selves, this is a proper season to be mindful of the Wants and Necessities of our Brethren, and we cannot better exercise our Charity, than by recommending the whole state of Mankind to the Mercy and Goodness of God and by interceding with him, by the Virtue of this Christian Sacrifice, for a supply of whatever they shall stand in need of. Such Intercessions always made a part of the publick Liturgie of the ancient Church, as is well known to those that are conversant in Antiquity, and no part of the Prayers exceeded more in length than that which related to this Subject; so that we cannot do better, than to follow the ancient Model for our direction in this particular.

A PRAYER

A PRAYER for the whole State
of Mankind.

A Ccept, O Lord, of my Prayers
and Intercessions, as a Testi-
mony of my Charity, for the whole
Race of Mankind, and let the Vir-
tue and Efficacy of this Christian
Sacrifice procure for them Comfort
and Relief in all those Wants and
Necessities they labour under.

Enlighten the dark Corners of the
Earth with the bright Sunshine of
thy glorious Gospel, and succeed the
pious Designs of all those that endea-
vour the Propagation of the King-
dom of thy Son; that thy Way may
be known upon Earth, and thy Sa-
ving Health among all Nations.

Let thy continual Pity cleanse and
defend thy Church; and for as much
as it cannot continue in Safety with-
out thy Succour, preserve it evermore
by thy Help and Goodness.

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Endue the Governours and Pastors of it with Courage and Resolution to preserve those sacred Rights thou hast committed to their Trust with Zeal and Diligence in promoting solid and substantial Piety, and with a conscientious Discharge of all the important Duties of their Holy Function.

Let all Secular Magistrates study to govern their People with Truth and Justice, and to preserve them in Wealth, Peace and Godliness.

Bless our Sovereign, and all the Royal Family, with the Dew of thy Heavenly Spirit, that they, ever trusting in thy Goodness, protected by thy Power, and crowned with thy gracious and endless Favour may continue before thee, in Health, Peace, Joy and Honour, a long and happy Life upon Earth, and after Death obtain everlasting Life and Glory in the Kingdom of Heaven.

Let War and Bloodshed cease

mon

among Christian Princes, and give
to all Nations Unity, Peace, and
Concord.

Bless all the People of this Land
with Health, Peace and Plenty; and
teach them to use such thy Blessings
with Sobriety, Gratitude and Cha-
rity.

Make all Christians sincerely to
practise that Religion they profess,
and inspire them with such uniting
Principles, and charitable Hearts,
that they may love one another, and
thereby convince the World that they
are thy Disciples.

Be merciful to all my Friends, Re-
lations, and Acquaintance; those that
are in Sin, convert them; those that
are in Grace, confirm and strengthen
them; those that are in Adversity,
comfort and support them; and
those that are in Prosperity, suffer
them not to forget thee.

Forgive all my Enemies, make
them easie and ready to be reconcil-
led,

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led, and give them Repentance and better Minds.

Be gracious to all that are in Affliction and Distress, that labour under the Straights of Poverty, that suffer Persecution for the Testimony of a good Conscience, that mourn under Captivity or Banishment, or any unjust Oppression;

That are exercised with bodily Pains and Diseases, that are solicited with strong Temptations, or are dejected with Terrors and Troubles of Mind;

Pity and relieve their several Necessities, give them Patience under all their Sufferings, and in thy due time deliver them, according to thy great Mercy.

Assist those that are at the point of Death; and when their Strength fails let not their Faith fail; even in Death, enable them to trust in thee.

Shed thy particular Grace and Benediction upon all those who are

Partakers

Partakers of the Holy Communion
this Day,

That they may persevere in all
their holy Purposes and Resolutions,
and may conform themselves to the
Model of their crucified Saviour;

That the Pattern of his Piety and
Devotion, of his Humility and Cha-
rity, of his Meekness and patient
Suffering, may be so lively imprint-
ed upon our Minds, that we may
transcribe his Example in our Lives
and Conversations :

That thus Commemorating his
All-sufficient Sacrifice upon Earth,
we may receive the everlasting Be-
nefit of it in thy heavenly Kingdom,
and bless and praise thee for it to
all Eternity. *Amen.*

We cannot better conclude our De-
votions, if Time and Opportunity will
permit, than by offering up our Praises
and Thanksgivings for all those Mercies
and Blessings God hath bestowed upon
us all along in Life, particularly for his

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ineestimable Love in the Redemption of the World by our Lord Jesus Christ, and what Heart, that is warm with a true Sense of what his Saviour has done and suffered for him, can refuse the humble Tribute of a most grateful Acknowledgment?

A Thanksgiving for God's Mercies, Temporal and Spiritual.

PRaise the Lord, O my Soul, and all that is within me praise his Holy Name. Praise the Lord, O my Soul, and forget not all his Benefits.

Thou, O Lord, art alone Infinite in all Excellencies and Perfections, and therefore thou only art the Eternal Object of the Adorations and Praises of all thy Creatures.

I desire to praise and worship thee with all the Heavenly Host, saying, Holy, Holy, Holy, Lord God of Heaven and Earth, thou hast created all things, and for thy Pleasure they are and were created.

All Praise and Thanksgiving be rendered unto thee, for making me after thy own Image and Likeness, capable of loving thee, and enjoying thee eternally.

I bless thee for the Light of my Reason, and all other Endowments and Faculties of my Soul and Body.

I bless thee for preserving me from innumerable Accidents and Dangers, through the whole Course of my Life; for all my known and unobserved Deliverances, and for the Guard thy Holy Angels have kept over me.

I bless thee for the Advantages of a pious Education, and for seasoning my tender Mind with early notices of Virtue and Religion;

I bless thee for recovering me to a sense of my Duty, when I foolishly strayed from the Fountain of all Happiness; and for thy unwearied Patience towards me, after so many and so great Provocations.

I bless

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I bless thee for all the Comforts and Accommodations of Life which thou hast bestowed upon me, whereby my Pilgrimage in this World has been softned and supported ;

And I adore thy wise Providence in all those Afflictions and Disappointments with which thou hast thought fit to exercise me, and which have brought me to that sense of thee and of my self, which 'tis likely nothing else would have done.

By thee I have been holden up from the Womb, my Praise shall continually be of thee.

Above all, I praise and magnifie thy holy Name for thy inexpressible Love to lost Man,

For sending thy Son into the World to redeem us from a State of Sin and Misery, by suffering for us, and dying in our stead, that we might be partakers of the divine Nature, and receive the Promises of eternal Life ;

And

And for his instituting and ordaining Holy Mysteries as Pledges of this Love, and for a continual remembrance of his Death to our great and endless Comfort.

As long as I live will I praise thee for these Wonders thou hast done for the Children of Men, as long as I have any Being I will shew forth thy noble Acts.

I bless thee for the Advantages of thy divine Revelations, that thou hast not abandon'd me to the dim light of my own Reason, but hast given me thy holy Scriptures to instruct me in what is necessary for me to believe and practise, in order to my eternal Salvation.

I praise thee for delivering me from Temptations too strong for me, and for supporting me under many ;

For the Assistance, and Direction, and Comforts of thy Holy Spirit, for thy preventing and restraining Grace,

For

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For subduing my Understanding
and Affections to the Obedience of
Faith and Godliness,

For inspiring me with good
Thoughts, and kindling pious De-
sires in my Soul, and for assisting
me in all the Methods of procuring
eternal Happiness.

For these and all other my Mer-
cies and Favours, which are more
than can be numbred ; Blessing and
Honour, Thanksgiving and Praise,
be given unto thee, O most adora-
ble Deity, Father, Son, and Holy
Ghost, by me and by all Angels, by
all Men and by all Creatures, for
ever and ever. *Amen.*

When all have communicated, and
the Priest returns to the remaining
part of the Communion-Office, we must
be sure to accompany him with our
devoutest Affections, and repeat after
him all the Petitions of that perfect
Form of Prayer our Saviour has left
us to help our Infirmities, which is most
properly

properly used in this Place; that his comprehensive Words may prevail for our Acceptance, provided they are attended with the sincere and earnest Desires of our Hearts.

The Prayer and Praise that follow do with great Propriety conclude this holy Action in imitation of our Saviour's Pattern, who concluded this his holy Institution both with a Prayer and a Hymn, and therefore ought to be offered with particular Intensity and Application of Thought, that we may make some Amends for any Distractions or Wanderings that may have overtaken us in the former part of the Service.

John 17.
Matt. 26. 30.

The Blessing that only remains, which is pronounced by the Bishop, if present, as the Priest of greatest Dignity, must be received in an humble Posture, and with silent Devotion, begging of God that it may be effectual for our future Conduct in all the Circumstances of holy Obedience.

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A short PRAYER when the Communion Service is ended.

Pardon, O God, all those Imperfections that have accompanied me at this time in my Attendance at thy Altar; forgive the Deadness and Dulness of my Affections, the Wandrings of my Thoughts, and the Distractions of my Mind.

Let the Sincerity of my holy Purposes and Resolutions make some Amends for my Weakness and Frailty.

O! let this Commemoration of my crucified Saviour influence all my Thoughts, Words and Actions that my Conversation may be as becometh the Gospel of Christ.

Reward me not according to my Deserts, but according to my great Necessities, and thy own rich Mercy in Jesus Christ, to whom with thee, O God the Father, and God the

the Holy Ghost, be all Honour and Glory, World without end. *Amen.*

Where Communion is large, we may want some Exercises for the employing our devout Affections; and the Office for the *Administration* of the Holy Communion, contains such a variety of excellent Matter for Meditation, that it may not be improper to entertain our Minds, while others are receiving, with the Consideration of some particular Parts of it. This may possibly be sometimes more useful than either these or any other Prayers; more especially to such as complain of coldness and dulness in their Devotions; for Meditation naturally tends to warm our Affections, and raise in our Minds a Spirit of Devotion.

For Example, suppose I had determined to meditate on some part or parts of the Confession, which begins thus, *Almighty God, Father of our Lord Jesus Christ, Maker of all Things, Judge of all Men.* Here I would stop and consider well the import of these Words; they contain Four of God's most comprehensive Titles. First, he is here said to be *Almighty*;

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Almighty; Secondly, The Father of our Lord Jesus Christ; Thirdly, The Maker and Creator of all Things; Fourthly, The Judge of all Men. The Consideration of the First and Last will provoke us to Godly Sorrow, and the Second and Third will excite our Hope in his Mercy. So that from hence we may take occasion to exercise Acts of Sorrow and Humiliation, of Hope and Love, &c. thus I consider, O my God, that I have offended thee, who art Almighty, and therefore able to punish; but I consider too that thou art the Father of our Lord Jesus Christ, and therefore I cannot doubt of thy Love to me, and of thy readiness to forgive me who repent and turn to thee. Such Ejaculations might be formed from each of these Particulars, or from any other Branches of the Communion Office; but because all People are not able to form such Acts, I have taken the Liberty of adding several Acts of the most considerable Vertues of a Christian Life; for no Moments of this holy Season should be lost, all these precious Minutes should be husbanded to the greatest Advantage, for they will have a mighty Influence upon our whole Lives.

lives, and by being frequently repeated they will stock our Minds with variety of good Thoughts, which may prove admirable Helps all the remaining part of our days. If we have not time for this spiritual Improvement in the Church, it will be very proper to make use of them in our Closets, for Days set apart for the publick Worship of God should have a larger share of our private Devotions, and then the Sense of Religion will stick closer to our Minds, when we mix again with the World, and return to our secular Employments.

Acts of FAITH.

I Believe, O God, that thou art an eternal incomprehensible Spirit, infinite in all Perfections, who didst make all things out of nothing, and dost govern them all by thy wise Providence.

Let me always adore thee with profound Humility, as my Sovereign

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reign Lord; and help me to love and praise thee with Godlike Affections and suitable Devotion.

I believe, O God, that in the Unity of thy Godhead there is a Trinity of Persons; that thou art perfectly One, and perfectly Three; One Essence, and Three Persons: The depth of this Mystery I cannot comprehend but I firmly believe it, because thou hast revealed it in thy Holy Word who art infinite Truth; and I will praise and adore the Holy Trinity to whose Service I was religiously dedicated in Baptism, as the joint Authors of my Salvation.

I believe, O Blessed Jesus, that thou art of one Substance with the Father, the Very and Eternal God; that thou didst take upon thee our frail Nature; that thou didst truly suffer, and wert crucified, dead and buried, to reconcile us to thy Father, and to be a Sacrifice for Sin.

I believe, O Almighty Love, that
accord-

According to the Types and Prophecies which went before of thee, and according to thy own infallible Prediction, thou didst by thy own Power rise from the Dead the third Day, that thou didst ascend into Heaven, that there thou sittest on thy Throne of Glory, adored by Angels, and interceding for Sinners.

I believe, O Lord, that thou hast instituted and ordained holy Mysteries, as Pledges of thy Love, and for a continual Commemoration of thy Death; that thou hast not only given thy self to die for me, but to be my Spiritual Food and Sustenance in that holy Sacrament, to my great and endless Comfort; O! may I frequently approach thy Altars with Humility and Devotion! and work in me all those holy and heavenly Affections, which become the Remembrance of a crucified Saviour.

I believe, O Lord, that thou hast not abandon'd me to the dim Light
of

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of my own Reason, to conduct me to Happiness ; but that thou hast revealed in the holy Scriptures what ever is necessary for me to believe and practise, in order to my Eternal Salvation.

O Truth ! Eternal Truth ! I am entirely satisfied in believing thy holy Word, because it came from thee, who art infinitely Wise and Omniscient, and therefore canst not be deceived ; who art infinitely Good, and therefore wilt not deceive thy Creatures.

O how Noble and Excellent are the Precepts ! How Sublime and Enlightning the Truths ! How Persuasive and Strong the Motives ! How Powerful the Assistances of that Holy Religion, in which thou hast instructed me ! My delight shall be in thy Statutes, and I will not forget thy Word.

I believe, O Blessed Master, it is my greatest Honour and Happiness to be thy Disciple ; how miserable and

and blind are all those that live without God in the World, who despise the Light of thy Holy Faith ! Make me ready to part with all the Enjoyments of Life, nay even Life it self, rather than forfeit this Jewel of great Price : Blessed are the Sufferings which are endured, Happy is the Death which is undergone, for heavenly and immortal Truth !

I believe thou hast threatned everlasting and unconceivable Torments to those who hold the Truth in Unrighteousness, and who obey not the Gospel of Christ. O just Punishment of those who do not love thee !

But if I believe this fatal Doom, why am I not afraid of it ? Why are the Evils of the Body so much shunned, and those of the Soul so little regarded ? Why do I take so much pains to avoid the short and transitory evils of this Life, and so little pains to avoid those which are Eternal ?

I believe thou hast prepared, O
H Lord,

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Lord, for those that love thee, everlasting Mansions of Glory; if I believe thee, O Eternal Happiness why does any thing appear difficult that leads to thee? Why should not willingly resist unto Blood to obtain thee? Why do the vain and empty Enjoyments of Life take such fast hold of me: O perishing Time! why dost thou thus bewitch and deceive me? O Blessed Eternity! when shalt thou be my Portion for ever?

Acts of HOPE.

O My God! in all my Danger Temporal and Spiritual, I will hope in thee; who art Almighty Power, and therefore able to relieve me; who art Infinite Goodness and therefore ready and willing to assist me?

Greater is thy Mercy, O Blessed Jesus, than my Wickedness; thy

Goodness

Goodness exceeds the Number and
Heinousness of my Sins ; greater is
thy Power, O God, than the Fury
of my Enemies ; therefore when
my Fears press hardest upon me, I
will put my Trust and Confidence
in thee.

O precious Blood of my dear Re-
deemer ! O gaping Wounds of my
crucified Saviour ! Who can con-
template the Sufferings of God In-
carnate, and not raise his Hope, and
not put his Trust in them ?

I firmly hope, O my God, for the
Pardon of all my Sins, which I
heartily bewail and detest ; I firmly
hope to obtain the Vertues and
Graces of thy Holy Spirit, which
I am resolved sincerely to endeavour
after ; I wait and expect thy Eternal
Glory, which shall always be the
aim of all my longing Desires.

What tho' my Body be crumbled
into Dust, and that Dust blown
over the Face of the Earth, yet I

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undoubtedly know my Redeemer lives, and shall raise me up at the last Day.

Whether I am comforted, or left desolate ; whether I enjoy Peace, or am afflicted with Temptations ; whether I am healthful or sickly, succoured or abandon'd by the good things of this Life ; I will always hope in thee, O my chiefest Infinite Good.

Altho' the Fig-tree shall not blossom, neither shall Fruit be in the Vines ; altho' the labour of the Olive shall fail, and the Fields yield no Meat ; although the Flock shall be cut off from the Fold, and there shall be no Herd in the Stalls ; yet I will rejoice in the Lord, I will joy in the God of my Salvation.

What tho' I mourn, and am afflicted here, and sigh under the Miseries of this World for a time, I am sure my Tears shall one Day be turned into Joy, and that Joy none shall take from me.

I should too much injure thy Charity and thy Sufferings, O Blessed Jesus, if I had not a firm hope of working out my Salvation.

Great is the Malice of the Powers of Darkness, and great is my own Weakness; but how much greater is thy Goodness, and thy Might, O my gracious God! I will therefore work out my Salvation with Fear and Trembling; but as long as I live, I hope in thy Mercy.

O miserable Wretch that I am! If I hope, why do not my Endeavours answer my hopes? If I hope to obtain the Grace of God to overcome my Follies, and to acquire all necessary Vertues, why do I not labour to such holy Purposes?

Whoever hopes for great things in this World, takes pains to attain them; how can my hopes of Everlasting Life be well grounded, if I do not strive and labour for that Eternal Inheritance.

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I will never refuse the meanest Labours, while I look to receive such glorious Wages; I will never repine at any temporal Loss, while I expect to gain such Eternal Rewards.

Blessed Hope! Be thou my chief Delight in Life, and then I shall be steadfast and unmoveable, always abounding in the Work of the Lord: Be thou my Comfort and Support at the Hour of Death, and then I shall contentedly leave this World, as a Captive that is released from his Imprisonment.

Acts of LOVE.

ALmighty and Everlasting God, thou art Infinite in all Excellencies and Perfections, and therefore art the most proper Object of the Love and Adoration of Immortal Souls: Thou art infinite in Goodness and Loving-Kindness towards me, and therefore hast the justest claim to my Heart. O in-

O infinite Amiableness! When shall I love thee without Bounds, without Coldness and Interruption, which, alas, so often seize me here below? Let me never suffer any Creature to be thy Rival, or to share my Heart with thee; Let me have no other God, no other Love, but only thee.

Whatever is amiable in the Creatures, is derived from thee; and is no farther amiable, than it bears some Impression of thy Amiableness; their Goodness is imperfect, and mix'd with much Evil, but thou only art perfectly Excellent; O let the World never more have place in my Heart! All my Affections I withdraw from that, to fix on thee.

O dear Jesus, who didst love me to such a degree, that thou wert pleased for my sake to endure a painful and shameful Death; how is it possible I can live without loving thee?

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O how much is it the Grief of my Heart, that my Love is so imperfect, so little fix'd upon the most deserving Object! O when shall I love thee to the utmost Capacity of a Creature, and praise thee to all Eternity!

How afflicting is it to me, not to love thee as much as I desire! Alas! when shall I love thee with all my Strength? When shall all carnal Affections die in me, and all things belonging to the Spirit live and grow in me? When shall I be willing to lay down my Life for thee, who hast shed thy precious Blood for me?

Grant, O God, that I may continually exercise upon Earth what the blessed Saints practise with so much fervour in Heaven; the Glories and Pleasures of that happy Region would be imperfect, if the Flame of Love did not continually burn before thee.

Whoever loves, desires to please the beloved Object; and according

to the degree of Love, is the greatness of Desire; make me, O God, diligent and earnest in pleasing thee; let me chearfully discharge the most painful and costly Duties; and forsake Friends, Riches, Ease, and Life itself, rather than disobey thee.

Whoever loves, desires the Welfare and Happiness of the beloved Object: But thou, O dear Jesus, canst receive no Addition from my imperfect Services; what shall I do to express my Affection towards thee? I will relieve the Necessities of my poor Brethren, who are Members of thy Body; for he that loveth not his Brother whom he hath seen, how can he love God whom he hath not seen?

I will pray without ceasing, and seriously meditate upon thy Precepts; I will hear thy Word with Reverence and Attention, and receive the holy Sacrament with Humility and Devotion; for these are

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the Methods thou hast establish'd of conversing with thee, of uniting us to thee, and are the only means whereby I can enjoy thee here below.

Alas ! how is all my Time unprofitable, my Labour lost, my Actions and Sufferings vain, when they are not employed in thy Service, when they are not endured for the Love of thee my God ?

I will long for thy Appearance, O Blessed Jesus, because it will transform me into thy Likeness, because it will enter me into the full Enjoyment of thee, and unite me to thee for ever : The utmost Labour of all my Days is little enough, the Service of my whole Life short enough, and no more than sufficient to secure this Eternal Inheritance.

O Crucified Jesus, in whom I live ; and without whom I die ! mortifie in me all sensual Desires, enflame my Heart with thy holy Love, that I may no longer esteem the Vanities

ities of this World, but place my Affections entirely on thee.

Let my last Breath, when my Soul shall leave my Body, breathe forth Love to thee, my God; I enter'd into Life without acknowledging thee, let me therefore finish it in loving thee; O let the last Act of Life be Love!

*Acts of Conformity to the WILL
of GOD.*

BLessed Will of God! how just, and upright art thou in all thy Determinations? How good and amiable in all thy Dispensations? they only love thee not, who know thee not, and they who know thee not, how miserable are they?

What art thou, O Lord? and what am I? Thou art all Wisdom, I am all Blindness and Ignorance: Chuse thou for me, let thy holy Will be done in me and by me, be-

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cause if I shou'd chuse and will for my self, all would be Vanity, Rashness and Folly.

Thou art a God infinite in Mercy and Loving-kindness, therefore wilt order all things to my greatest Advantage. Wo to me! when my Will is not obedient and resigned to thy Blessed Will in every thing.

O my God, thou canst will nothing but that which is truly good, and I am capable of willing every thing that is monstrously evil; I therefore renounce my own Will, I submit to be intirely governed by thine.

The Designs of thy Mercy are to make me happy to all Eternity, and my perverse Inclinations run after present Pleasures, how contrary soever they may be to thy gracious Purposes. It is therefore reasonable, O Lord, that I should distrust my own Guidance, and that thy blessed Will should direct all my Ways.

Holiness

Holiness is the Path my God hath chalked out to everlasting Bliss; may thy holy Will be accomplished in me, and then I shall be sanctified by thy Grace in this World, and glorified in the Enjoyment of thy self in the next.

Thy Will, O Blessed Jesus, is that I should avoid all Sin, and purifie my self as thou art pure; my own Will does but too often prevail upon me to transgress thy holy Laws, which therefore I detest and abhor. Thy Will shall be my Rule, because it makes me do every thing that is good.

How true is it, O my Jesus, that thou art my Lord and Master, my Omnipotent Sovereign? How fit and reasonable therefore is it, that thy Will in every thing should be my Choice and Satisfaction?

Consider well, O my Soul, that upon two Wills depends either thy Happiness or thy Misery; upon the
Will

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Will of God, thy Happiness ; upon thy own Will, thy Misery : Consider well to which thou chusest to unite thy self, because eternal Happiness and eternal Misery are of too great Importance to be neglected.

'Tis easie, O Lord, to submit to thy Will, when it is pleasing and agreeable to our Natures ; but certainly it is not less our Duty when thou thinkest fit to try us with Difficulties, and to contradict the Inclinations of Flesh and Blood.

In all thy Sufferings, in thy painful Crucifixion and shameful Death, O my dear Jesus, thou didst entirely resign thy self to the Will of thy Father. Shall I murmur against less Sufferings, which I have so much deserved ? Shall I not quietly and patiently submit to them ?

If I do not love thee, O my God, more than my self, I am not worthy of thee ; if I do not prefer thy Will to my own, it is much to be feared

I do

I do not love thee; Oh my God, I will deny my self to be made perfect in Love.

Thy Will, O God, is thy blessed self; they therefore, who refuse to follow thy Will, declare that thou shalt not reign over them, that they desire not the knowledge of thy Ways. It is thee I desire, O my God, I renounce my own Will therefore to follow thine.

*Acts of VIRTUE in relation to
the Passion of our Saviour.*

WHither has Love carried thee, O Blessed Jesus? even to the painful and shameful Death of the Cross for my sake. O how imperfect is my Love? if Afflictions or Crosses are able to separate me from thee? or if I am not willing to endure the greatest Torments rather than forsake thee?

Thou

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Thou wert, O Jesus, so in Love with Sufferings for me, that rather than come down from the Cross, thou didst chuse to expire upon it. Miserable Wretch that I am ! How does my Flesh and Blood start at the very Appearance of a violent Death, tho' it might be necessary as a Testimony of the Truth of my Affection towards thee !

Thy sacred Head was crowned with Thorns, and all thy Body plowed with Scourges, but my Sins and Follies added Sharpness to them, and pierced thee and wounded thee more, than the Thorns and Scourges themselves. O ! I grieve, and love, when I consider my Iniquities drew upon thee all thy Sorrows ; those exquisite Pains and Torments in thy Body ! those inexpressible Fears and Anguish in thy Soul !

I do for ever, O Lord, detest and abjure those Sins that were thy Tormentors, I will persecute those vile Lusts.

Lusts and Affections that crucified thee, I will fly from all Appearance of Evil.

Is it possible not to love thee, O Blessed Saviour, above all things, who hast delivered me from such imperious Masters? Is it possible to remember that my Sins occasioned all thy Grief, and ever to offend thee more?

What does my Soul long for? What is the Desire of my Heart? Is it possible that empty frail Creatures only should rejoice and delight it, when divine Love displays it self in the bleeding Wounds of the suffering Jesus?

Let the Fire of divine Love burn bright in my Soul, never will I search for any other Fewel to nourish this holy Flame, than thy Scourges and thy Thorns, than thy Reed and thy Cross!

Thy whole Life was spent in doing good, and so far from indulging

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ging the Pleasures of Sense, that thou hadst not where to lay thy Head ; and whoever frequents the Christian Sacrifice, must be convinced at what a rate thou didst value the Welfare of Mankind ; for thou didst willingly embrace all sorts of Sufferings in order to accomplish it.

What Folly and Rashness is it therefore for me to be always caressing my self with sensual Enjoyments, to be spending my Estate in Jollity, in Splendor, in Folly and Luxury, which ought to be employed in doing good to the Souls and Bodies of Men ! How unlike is this to that Example thou hast set before me, and to that Disposition of Mind thou requirest of me ?

Alas ! Suffering can only affright those that consider themselves, and not thee ; that love themselves, and not thee. O my crucified Jesus,
Thou

Thou wert made perfect thro' Sufferings, and can I behold and love such a blessed Pattern, and not desire to suffer with thee, and to die for thee?

Who can fathom this Abyss of Divine Love? I am the Criminal, and thou, O Blessed Jesus, art crucified: What ought I not to have suffered, to have gained an Interest in thee? And yet what hast thou not suffered to purchase such a Wretch as I am?

I have offended thee, and thou reconcilest me with thy own Blood; I occasioned thy Death, and thou givest me Life: Was there ever any Love like that Love which my Lord and my God has shewed towards me?

When I consider thee, O dear Jesus, what thou art in thy self, and what thou art to me, I feel my self constrained to love thee. Where shall I discover greater Excellencies
and

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and Perfections to raise my Admiration? Where shall I find greater Bounty and Goodness to engage my Affections?

Acts of HUMILITY.

O My God! Thou art the eternal Source of all Excellency and Perfection; and I, miserable Wretch! what am I? Nothing but poor Dust and Ashes, Folly and Vanity. It is reasonable therefore I should obey thee, because thou art infinitely above me; that I should submit to thee in all things, without grudging, without murmuring, because thou art infinite Wisdom.

Blessed Humility! When shall I possess thee? When shall I enjoy that Tranquillity of Mind, which is only found among those that love and obey thee? When shall I be adorned with that Comeliness and Beauty, which thou only canst bestow?

What

What have I, O Lord, whereof to glory? If of my Body, it is nothing but vile Clay, moulded by thy Omnipotent Hand, and must return to Rottenness, and be the Food of Worms; if of my Mind, it is the Breath of Life infused by thee, and by my own Folly made full of Sin and Wickedness. I have gone astray from the Womb, and in Sin did my Mother conceive me.

All the Good I possess comes from thee; if my outward Man has any Advantages above others, it is the effect of thy Bounty; from whence proceeds Health and Strength, Beauty and Comeliness, and upon thy Will they depend, to be recalled at a Moment: If my Mind has the least Excellency, it is thy Gift, who didst endue me with Reason and Grace: All that is my own, is the abuse of thy Favours; and whatever is bad in me, is properly mine.

I am unworthy, O Lord, of all
thy

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thy Gifts, by reason of my Vileness and Ingratitude ; I do not deserve the Air I breathe in, because I have infected it as it were with noisome Lufts ; I do not deserve the Bread I eat, because my Table has become a Snare, and the good Creatures thou hast given me for Refreshment have been abused to Luxury and Sensuality.

O let me consider what I am by Nature, frail and weak ; what I am by Sin, odious and contemptible in thy sight : And let this Knowledge of my Self suppress and mortifie all proud and vain Thoughts ; let a Sense of my own Vileness and Unworthiness humble my self as it were in Dust and Ashes.

It is the sincere desire of my Soul, O blessed Jesus ! It is the firm choice of my Will, to be rather a Door-keeper in the House of my God, than to dwell in the Tents of Wickedness.

I will not place my Pleasure and Satisfaction

Satisfaction in the Praise of Men, because it is an uncertain Breath of Air, apt to swell me with Pride and Vanity; and is the effect of Civility and Charity, rather than of what I deserve. I will, in all my Actions, endeavour to please thee, tho' it be attended with Ignominy and Reproach, and tho' I thereby become the Contempt of the Scornful.

O let me bear the Injuries and Affronts of bad Men with Patience and Meekness, because I have deserved much worse Treatment from thee. Let me receive the Reproofs and Admonitions of good Men with Thankfulness, because I stand so much in need of them, and that they are so proper to correct my Follies.

O let me never insult over the Follies and Sins of my Fellow Christians, because I am liable to the same Temptations; Let me pity and compassionate their Misfortunes, because if I am not plung'd in the
same

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same Gulph of Misery, it is wholly owing to thy Grace which has preserv'd me, to thy Almighty Hand which has held me up.

How didst thou condescend, O dear Jesus, to be born in a Stable, to lead a Life destitute of all Comforts and Accommodations, to die upon a Cross, and all this for the good of thy sinful Creatures, and shall I think any Labour too grievous, any Office too mean, whereby I may be able to promote the Temporal and Eternal Happiness of my Neighbour?

Without thee, O Jesus, I can do nothing! Inspire me with that Humility which thou hast taught by thy Precepts, and by thy own Example; I will endeavour to imitate thy state of Humiliation here upon Earth, that I may partake of those Glories thou now dost possess at the right Hand of thy Father.

A PRAYER

A PRAYER which may be used at any time in the Week before the Sunday or Holy-day on which we design to communicate, and which may properly be annex'd to our Morning Devotions at such times.

MOST Gracious and Merciful God, who hast by thy Minister given me an invitation to thy Heavenly Feast, grant me Grace to approach thy holy Mysteries with penitential Preparation, and with a Heart fully disposed to serve and obey thee all the Days of my Life.

Enable me, O my God, I most humbly beseech thee, to *examine* the state of my own Mind, to compare my Actions with the Rule of thy Laws, that nothing contrary to thy holy Will may ever find a settled

I

tled

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led Abode in my Soul; thou knowest all that Load of Impiety and Guilt under which I lie, help me therefore so impartially to judge and condemn my self, so humbly to repent and beg Pardon, that I may not be condemned at thy dreadful Tribunal: But alas! after the most strict Examination we can make, who can number his Impieties? who can tell how oft he offendeth? Cleanse me therefore, O Lord, from my secret Faults, which in general I renounce and bewail.

O my God, who alone canst order the unruly Wills and Affections of sinful Men, be pleased to change my Heart into an entire Love of thee, that I may be unfeignedly sorry for having offended thee, who art infinite Goodness, that with a broken and contrite Heart I may grieve, and mourn, and *repent* for all my *former Sins*, and may for ever forsake them, and for the future *sted-*
fastly

fastly purpose to lead a new Life, that I may renew my Baptismal Vow, and hereafter live as a sworn Votary to thy Love.

O Heavenly Father, settle in my Soul *a lively Faith in thy Mercy thro' Christ*, a steadfast Belief of all thy Love to Sinners, and an affectionate Reliance on the Merits and Mediation of thy crucified Son; of my being accepted in the Beloved, for whom I will ever adore and praise thee.

O my crucified God, thou Sovereign Inflammative of Love, let the *remembrance of thy Death* set all the Powers of my Soul on work, that I may desire and pant after thee, that I may admire and adore thee, that I may take heavenly Delight in thy gracious Presence, that with Praise and Thanksgiving I may receive thee into my Heart, and always entertain thee with pious Dispositions, and devout Affections.

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I see, O Blessed Jesus, in the Memorial of thy Sufferings, how thou didst forgive me, and didst love me when I was thy Enemy ; give me Grace to love my Neighbour, and to *be in Charity with all Men* ; to forgive all my Enemies, and to be at Peace with all the World, as I desire to be loved, and forgiven, and to be at Peace with thee. All that have any way injured me I freely forgive for thy sake, O Lord ; and if I have wronged or injured my Neighbour, give me Grace to beg his Pardon ; and, as I have Opportunity, to make him Satisfaction and Restitution according to my Power. Whenever I see any of thy poor Members Hungry, or Naked, or in Distress, let the Remembrance of thy Love in dying for me engage me to contribute all I can to their Relief, may they ever liberally partake of what I enjoy, since thou wert so liberal of thy inestimable Blood for me.

Thus

Thus prepared, O Lord, let me approach thy holy Table, and so eat the Flesh of thy dear Son Jesus Christ, and drink his Blood, that my sinful Body may be made clean by his Body, and my Soul wash'd thro' his most precious Blood, that I may evermore dwell in him, and he in me. *Amen.*

A PRAYER in our Retirement after we are returned home from the Lord's Table, which may be added to our Evening Devotions.

I Acknowledge, O Lord, my God ! with all thankfulness of Heart, thy great Mercy and Goodness communicated to me this Day, in giving me an Opportunity of approaching thy holy Table, and in disposing my Mind to commemorate the infinite Love of my crucified
I 3 Saviour,

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Saviour, to render him Thanks and Praise for laying down his Life as a Sacrifice for the Sins of the World, and to represent unto thee that Sacrifice as a full Satisfaction for them, whereby thou dost incline me humbly to hope for all the Benefits of his Death and Passion.

How many, O Lord, turn a deaf Ear to all the pressing Exhortations of thy Ministers ; and being influenced by the Cares, and Riches, and Pleasures of Life, when they are invited, refuse to come? How many pious and devout Souls are deprived of the blessed Advantage of this highest and most solemn Act of Religion ; and how many sincere and faithful Christians are oppressed with Scruples, dejected with Fears, so that they dare not venture to partake of the holy Mysteries ?

What Thanks therefore, most gracious God, can I return unto thy divine Majesty, for impressing
a Sense

a Sense of my Duty upon my Mind, and for that Strength and Power whereby thou hast in some Measure enabled me to perform it. I will praise and magnifie thy great and glorious Name, and I will entirely devote my self to thy Service as long as I have any Being.

Blessed be thy Name for those fresh Supplies of Grace I have received at thy Altar, grant that they may make me run the way of thy Commandments with Delight and Pleasure; that I may never any more faint, or droop, or tire in my Duty.

Blessed be thy Name for those comfortable Assurances thou hast given me of Pardon and Forgiveness. Let this thy compassionate Goodness be a perpetual Obligation to Love and Gratitude. Let it put me upon my guard, that I may watch over all my ways, and do always that which is well pleasing in thy sight.

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Blessed be thy Name for that Peace and Quiet thou hast restored to my Soul, for those Resolutions thou hast wrought in me to persevere in thy Service to the end of my Days ; make them firm, vigorous, and constant, and let never any sinful Passions any more ruffle and discompose my Mind.

Blessed be thy Name for that Relish thou hast given me of spiritual Delights , that Desire of possessing the eternal Inheritance , let the Enjoyments of Sense appear mean and contemptible , and let not the Pleasures of the World any more prevail upon me to transgress thy holy Laws.

Grant, O Lord, that I may walk worthy of these thy distinguishing Mercies, and live as becomes the Redeemed of the Lord. Without thee, O Blessed Jesus, I can do nothing ; without thee who art the Sun of Righteousness I shall walk
in

in Darkneſs; without thee who art the Phyſician of Souls I ſhall languish and die; without thee who art the Joy of all devout Minds I ſhall conſume my Days away in Sadneſs. Remain therefore, O Lord, and abide with me for ever, I ſhall then be enabled to do thy Will in this Life, and thereby be qualified to partake of thy Glories to all Eternity in the next. *Amen, Amen.*

Since it is poſſible this little Treatiſe may fall into Hands that may be deſtitute of helps for Family Devotion, I have added a Morning and Evening Prayer for ſuch Occaſions.

A Morning Prayer for a Family.

O Eternal God, Creator and Preserver of all Mankind, Giver of all ſpiritual Grace, the Author of everlaſting Life; we thine unworthy Servants entirely deſire

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to praise thy Name for all the Expressions of thy Bounty towards us. We give thee Thanks that thou hast preserved us from many and great Dangers wherewith we have been encompassed; that thou hast brought us safe to the Light of this Day, and that thou hast refreshed us the past Night with quiet Rest and Sleep: But above all, blessed be thy Love that gave thy Son to die for our Sins, to put us in a Way of being happy, if we would obey thee. And after all our wilful Refusals of thy Grace still hath Patience with us, and hath added this one Day more to all we have mispent already, to see if we will finish the Work thou hast set us to do, and fit our selves for eternal Glory.

Pardon, good Lord, all our former Sins and all our abuses of thy Forbearance and Long-suffering, for which we are now sorry at our
Hearts;

Hearts ; give us Grace to lead more holy Lives, and to be more careful in improving all future Opportunities : Make thy self present to our Minds, and let thy Love and thy Fear rule in our Souls in all those Places and Companies, where our Occasions shall lead us this Day.

Keep us chaste in all our Thoughts, temperate in all our Enjoyments, humble in all our Opinions of our selves, charitable in all our Speeches of others, meek and peaceable under all Provocations, sincere and faithful in all our Professions, and so just and upright in all our Dealings, that no Necessity may force, nor Opportunity in any kind allure us to defraud or go beyond our Neighbours. When thou bestowest Good on others, let us not envy but rejoice in it, and when thou addest any to our selves, let us own thy Mercy and humbly thank thee for it.

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Afford us convenient Supplies in all our reasonable Necessities, and protect us against the Approach of all Dangers: Make us diligent in all our Affairs, and give such Success to all our lawful Endeavours, as thou seeest most expedient for us; teach us contentedly to submit, and not to repine at any thing that happens by the Allotment of thy wise Providence.

In all our passage through this World and our manifold Concerns in it, suffer not our Hearts to be too much set upon it; but always fix our Eyes upon the blessed hope, that as we go along we may make all the things of this World minister to it, and be careful above all things to fit our Souls for that pure and perfect Bliss, which thou hast prepared for all that love and fear thee, in the Glories of thy Kingdom.

Give thy Grace, most merciful God, to all the World, and let all
who

who are redeemed by the Blood of thy Son, acknowledge thee to be the Lord, and become his Worshippers and faithful Servants. Make all Christians conscientious Practisers of that Holiness they profess; and above all inspire them with uniting Principles and charitable Hearts, that by their loving one another, as thou hast loved us, all the World may know they are thy Disciples. Let all Governours rule with Wisdom and Justice, and Subjects obey with Love and Chearfulness. Let the Priests of the Lord be exemplary in their Lives, and discreet and diligent in their Labours, having a most compassionate Love of Souls; and let the People be humble and tractable, most desirous to hearken and fully bent to follow wise Instructions. Relieve the afflicted and those that are in want, assist them contentedly to depend on thee. Raise Friends to the Widows and
Father-

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Fatherless, the Prisoners and Captives and all that groan under any Oppression. Give Repentance, Patience and Resignation to all that lie upon Beds of Sickness, and ease when thou seest it convenient for them. Speak Peace to troubled Consciences by delivering them from their causeless Scruples, and by making them constant in the Practice of Holiness. Bless all our Friends, who are especially endeared to us by their Kindnesses, all our Relations according to the Flesh, all that particularly pray for us, or desire our Prayers. Teach us all to ask what thou approvest, and then grant us whatsoever is asked.

Prevent us in all our Actions, guard us against all Dangers, relieve us in all Straights, and grant that we may always make thee our Confidence, and take all things well that thou orderest for us. Shorten
our

our Sorrows, and deliver us from all our Sins, and fit us all for that eternal Kingdom which thou hast prepared for us, for Jesus's Sake, in whose holy Name and Words we farther pray unto thee.

Our Father, &c.

The Grace of our Lord Jesus Christ, the Love of God, the Fellowship of the Holy Ghost be with us this Day and for evermore. *Amen.*

An Evening Prayer for a Family.

ALlmighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all Men. We acknowledge and bewail our manifold Sins and Wickedness, which we from time to time most grievously have committed by Thought, Word and Deed against thy Divine Majesty, provoking most justly thy Wrath and Indignation against us ;
we

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we do earnestly repent, and are heartily sorry for these our Misdoings, and the Remembrance of them is grievous unto us.

Have Mercy upon us, O Lord, after thy great Goodness, according to the Multitude of thy Mercies do away our Offences; Wash us thoroughly from our Wickedness, and cleanse us from our Sins; create and make in us new and contrite Hearts, that we worthily lamenting our past Follies, and acknowledging our Wretchedness, may obtain of thee, the God of all Mercy, perfect Remission and Forgiveness.

Grant us, O Lord, the Assistance of thy Holy Spirit, that for the time to come, we may think and do such things as be rightful; that we who cannot do any thing that is good without thee, may by thee be enabled to live according to thy Will; that thy Grace may always so prevent and follow us, as to make us
conti-

continually to be given to all good Works. And thou, O God, who knowest us to be set in the midst of so many and great Dangers, that by Reason of the Frailty of our Nature we cannot always stand upright; grant to us such Strength and Protection as may support us in all Dangers, and carry us thro' all Temptations.

Help us, O Lord, to withstand the Assaults of the Enemies of our Salvation, the World, the Flesh and the Devil, and with pure Hearts and Minds to follow thee the only God. Graft in our Souls the Love of thy Name, increase in us true Religion, nourish us with all Goodness, and of thy great Mercy keep us in the same. And thou, O God, whose never failing Providence ordereth all things both in Heaven and Earth; put from us, we beseech thee, all hurtful things, and give us those things which are profitable

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fitable for us: And since 'tis thou alone canst order the unruly Wills and Affections of sinful Men, grant that we may love the things which thou commandest, and desire that which thou dost promise, that so among the sundry and manifold Changes of the World, our Hearts may surely there be fix'd, where true Joys are to be found. Dispose us by all the Means of Grace we enjoy, to attain that everlasting Salvation thou hast promised; that we may both perceive and know those things which we ought to do, and may have Grace and Power faithfully to fulfil the same.

Teach us, O Lord, so to number our Days, that we may apply our Hearts unto Wisdom; and grant that neither the Splendour of any thing that is great, nor the Conceit of any thing that is good in us, may any way withdraw our Eyes from looking upon our selves as sinful

ful Dust and Ashes, but that we may press forward towards the Prize of the high calling that is before us, with Faith and Patience, with Humility and Meekness, with Mortification and Self-denial, with Charity and constant Perseverance to the End; that so when we shall depart this Life, we may sleep in the Lord, and at the General Resurrection in the last Day may be found acceptable in thy Sight, and receive that Blessing which thy beloved Son shall then confer upon all those that truly love and fear thee.

Charge thy holy Providence, O Lord, we humbly beseech thee, with us this Night, and by thy great Mercy defend us from all the Perils and Dangers of it. Keep us both outwardly in our Bodies, and inwardly in our Souls, that we may be defended from all Adversities that may happen to the Body, and from all evil Thoughts that may assault and hurt the Soul,

Extend

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Extend thy Goodness, O Lord, to the whole Race of Mankind; have Mercy upon all Jews, Turks, Infidels and Hereticks; take from them all Ignorance, hardness of Heart, and contempt of thy Word; and so fetch them home to thy Flock, that they may be saved among the Remnant of the true *Israelites*. Grant unto all them that are admitted into the Fellowship of Christ's Religion, that they may eschew those things that are contrary to their Profession, and follow all such things as are agreeable to the same. Let thy continual Pity cleanse and defend thy Church, and because it cannot continue in Safety without thy Succour, preserve it evermore by thy Help and Goodness. Bless all our Governours both in Church and State, that in their several Stations they may be useful and serviceable to thy Glory and the publick Good. We make our humble Supplications to thee
for

for all our Benefactors, Friends and Relations, and also for our very Enemies ; let thy Fatherly Hand be ever over them, let thy Holy Spirit be ever with them, and so lead them in the Knowledge and Obedience of thy Word, that in the end they may obtain everlasting Life. Look with an Eye of Pity and Compassion upon all those who are any ways afflicted in Mind, Body, or Estate, give them Patience under all their Sufferings, and in thy due time a happy issue out of all their Afflictions.

And as we pray unto thee, O God, for our selves and others, so we desire to bless and praise thy holy Name for all thy Goodness and loving Kindness to us, and to all Men. We give thee hearty Thanks for the Preservation of us this Day past, and the rest of our Lives from innumerable Accidents and Dangers, for the Comforts and Conveniences

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as well as the Necessaries of Life. But above all, we laud and magnifie, and adore thy Goodness, in the Redemption of the World by the Death and Passion of our Saviour Christ, both God and Man; who did humble himself even to the Death upon the Cross, for us miserable Sinners, who lay in Darkness and in the Shadow of Death, that he might make us the Children of God, and exalt us to everlasting Life. Teach us to express our Thankfulness by submitting our selves entirely to his holy Will and Pleasure, and by studying to serve him in true Holiness and Righteousness all the Days of our Life. Accept, O Lord, of these our Prayers and Praises, in and thorough the Mediation of Jesus Christ our Blessed Saviour and Redeemer, who has taught us when, we pray, to say,

I AP 57

Our Father, &c.

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